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Pistachios

CookFresh

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**Warming
ONE-POT MEALS**

**SALADS *for*
WINTER**

*New Ways with
Ancient Grains*

**Quick Ideas
for FISH**

**Light, Bright
Fruit Desserts**

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& Vegetable
Soup, p. 27





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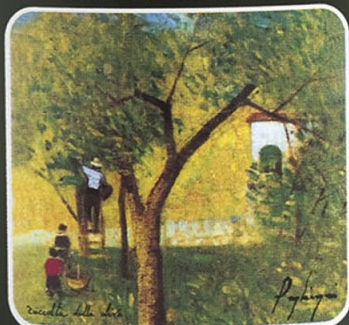
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Cover photography by Scott Phillips; food styling by Ronne Day.



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Winter's Best

NOW THAT COLDER WEATHER IS HERE, it's time to include fabulous fresh winter ingredients in your weekly menus, from oranges and broccoli to pomegranates and parsnips. To help you celebrate this chilly-weather produce, we've created this special issue of *Fine Cooking*. Here, you'll discover how to make the most of root vegetables (pp. 90–97), learn new ways with winter salads (pp. 40–46), and indulge in sweet treats like fruit-filled cakes and tarts (pp. 98–105). To make healthier eating easier, we've provided icons to help you identify which recipes fit your eating and cooking style, from vegetarian to wheat-free to make-ahead (see below). With the recipes here, you'll find great ways to enjoy all of the market finds you bring home.

—The *Fine Cooking* Editors

A guide to making healthy choices

These icons are located throughout this issue of *CookFresh* to help you choose recipes that match your needs.



QUICK: Under 30 minutes.



HEALTHY: Calories are 550 or fewer; saturated fat is 5 grams or fewer; cholesterol is 300 mg or fewer.



VEGETARIAN: May contain eggs and dairy ingredients.



WHEAT-FREE: Contains no wheat or wheat products. Please note, icon does not indicate gluten-free.



MAKE AHEAD: Can be completely prepared ahead (may need reheating and a garnish to serve).

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On the Web

Make **FineCooking.com** your destination for healthy and comforting winter recipes, how-tos, videos, and more.

What to Cook in a Snowstorm

When snow is in the forecast, cooks head to the store but not for bread and milk. We head straight to the meat case with a grand chili or stew in mind. We get chocolate and chocolate chips for rich, chewy brownies and classic cookies. We grab fresh cheeses for an ultimate mac & cheese. Flurries? Nor'easter? Bring it on. Find it at FineCooking.com/snow-day-recipes.



Great Ideas for Whole Grains

If eating more whole grains is a goal this year (we know it is for us), look beyond run-of-the-mill wheat and oats, and discover the pleasures of teff, farro, amaranth, and more in dishes so good, it's hard to believe they are also good for you. Find it at FineCooking.com/whole-grains.



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MAKE IT TONIGHT

Fast and fresh meals, any night of the week.

fennel-rubbed pork tenderloin with escarole and apple salad

Garlicky pork pairs perfectly with a crisp salad in this easy autumn supper. Serves 4

- 6 Tbs. plus 2 tsp. extra-virgin olive oil
- 3 Tbs. cider vinegar
- 1 small shallot, finely chopped
- 1 tsp. Dijon mustard
- Kosher salt
- 1 small head fennel, fronds and tender stems finely chopped together, bulb cored and very thinly sliced
- 2 cloves garlic, finely chopped
- Freshly ground black pepper
- 2 small pork tenderloins (1¼ to 2 lb. total)
- 1 head escarole (about 12 oz.), leaves torn into small pieces
- 1 Pink Lady or other sweet-tart red apple, thinly sliced

Position an oven rack 6 inches below the broiler and heat the broiler on high. Line a large rimmed baking sheet with foil.

In a small bowl, whisk 6 Tbs. of the oil, the vinegar, shallot, ½ tsp. of the mustard, and ¼ tsp. salt; set aside.

In another small bowl, combine the fennel fronds and stems, the remaining 2 tsp. oil and ½ tsp. mustard, the garlic, ½ tsp. salt, and ½ tsp. pepper.

Rub the pork all over with the fennel mixture. Transfer to the prepared baking sheet and broil, flipping once, until just cooked through (145°F), about 15 minutes. Transfer to a cutting board and let rest for 5 minutes.

Meanwhile, in a large bowl, toss the fennel bulb, escarole, apple, ¼ tsp. salt, and a pinch of pepper with half of the dressing. Slice the pork and drizzle with any juice. Serve with the salad, passing the remaining dressing at the table.



crispy catfish po' boys

Topped with creamy coleslaw and pickles, this rendition of the classic New Orleans sandwich makes a satisfying dinner. Serves 4

- 3 cups coleslaw mix**
- ¼ cup mayonnaise**
- 1 Tbs. cider vinegar**
- 2 tsp. granulated sugar**
- 1 tsp. celery seed**
- 2 large eggs**
- ¾ cup yellow cornmeal**
- Kosher salt and freshly ground black pepper**
- 4 4- to 5-oz. catfish fillets**
- 4 long soft-crust Italian rolls, split**
- 1¾ cups canola oil**
- 8 sandwich-style dill pickle slices**

Position a rack 6 inches from the broiler and heat the broiler on high.

Combine the coleslaw mix, mayonnaise, vinegar, sugar, and celery seed in a medium bowl; set aside.

Beat the eggs in a wide shallow bowl until well mixed. In

another wide shallow bowl, combine the cornmeal, ¾ tsp. salt, and ¼ tsp. pepper. Season the fish all over with ½ tsp. salt and ¼ tsp. pepper. Dip a fillet in the egg to coat, shake off the excess, and then dredge it in the cornmeal mixture, again shaking off the excess. Repeat with remaining fillets.

Arrange the rolls cut sides up on a baking sheet and toast until golden brown, 30 seconds. Remove from the oven and turn off the broiler.

Heat the oil in a 10-inch skillet over medium heat. Working in batches if necessary, cook the fillets, turning once, until the coating is golden and crisp and the fish is cooked through, 4 to 5 minutes per side. Transfer the fillets to a clean baking sheet lined with paper towels and keep warm in the oven.

To assemble, arrange 2 pickle slices on the bottom half of each roll. Top each with a fillet, a quarter of the coleslaw, and the other half of the roll. Cut the po' boys in half, and serve.





maple-thyme roast chicken

It only takes a handful of minutes to get this flavorful dish in the oven, making it ideal for a weeknight. Serve with roasted potatoes and sautéed greens.

Serves 4

- 1 4-lb. whole chicken, rinsed and patted dry**
Kosher salt and freshly ground black pepper
- ⅓ cup pure maple syrup**
- 2 Tbs. vegetable oil**
- 2 Tbs. balsamic vinegar**
- 1 Tbs. chopped fresh thyme**
- ⅛ tsp. cayenne**

Position a rack in the upper third of oven and heat the oven to 400°F. Set the chicken on a cutting board, breast side down. Use kitchen shears to cut along both sides of the backbone to remove it. Flip the chicken over and press

down on the breasts with the heels of your hands to flatten it a little. Rub ¾ tsp. salt and ¼ tsp. pepper all over the chicken and set it breast side up in a 9x13-inch baking dish (the chicken should fit snugly).

In a small bowl, whisk the maple syrup, oil, vinegar, thyme, and cayenne with 1 tsp. salt. Pour the mixture evenly over the chicken. Sprinkle the chicken with ¼ tsp. salt and several grinds of black pepper. Roast the chicken, basting or brushing it occasionally with the pan juices, until an instant-read thermometer inserted in the deepest part of the thigh registers 170°F to 175°F, 45 to 50 minutes. (Keep an eye on the pan juices; if they seem to be burning, add a couple of tablespoons of water to the bottom of the pan.)

Let the chicken rest for a few minutes, cut it into pieces, drizzle it generously with the pan juices, and serve immediately.





linguine with hot chile, caramelized onion, and gremolata

Gremolata—a combination of lemon zest, garlic, and parsley—adds a nice, fresh touch to this and many other dishes. Try sprinkling it on a creamy pasta, risotto, grilled shrimp, sautéed spinach, or steamed green beans. Serves 4 to 6

- 2 Tbs. extra-virgin olive oil**
- 1 large yellow onion, very thinly sliced**
- ½ tsp. crushed red pepper flakes**
- Kosher salt**
- 1 serrano or other fresh small, hot red or green chile, seeded and finely diced**
- 4 oz. (½ cup) unsalted butter, cut into about 5 pieces**
- 3 Tbs. fresh lemon juice**
- 1 lb. dried linguine**
- ½ cup roughly chopped fresh flat-leaf parsley**
- 1 large clove garlic, finely chopped**
- 1 tsp. finely chopped lemon zest**
- ½ cup grated Pecorino Romano; more for sprinkling**

Bring a large pot of well-salted water to a boil.

Meanwhile, heat the oil in a 10-inch skillet over medium heat. Add the onion and red pepper flakes, season with a big pinch of kosher salt, and cook, stirring frequently, until tender and nicely browned, about 15 minutes

(reduce the heat to medium low if the onion is browning too fast). Add the chile and continue to cook for 1 minute. Turn off the heat, add the butter, and swirl the pan to melt. Add the lemon juice and another pinch of kosher salt. Keep warm.

Cook the linguine in the boiling water until al dente, about 10 minutes.

Meanwhile, make the gremolata: Combine the parsley, garlic, and lemon zest on a cutting board and chop them together with a chef's knife until the parsley is finely chopped and mixed well with the lemon and garlic.

Drain the pasta and return it to its cooking pot. Over medium heat, add the onion mixture to the pasta and toss to combine. Add the ½ cup Pecorino, quickly toss again, and add salt to taste. Transfer the pasta to a platter or shallow bowls. Sprinkle liberally with the gremolata and more Pecorino and serve.



prosciutto-wrapped halibut with sage butter sauce

Although the full flavor and firm texture of halibut works really well in this dish, you can substitute just about any firm-fleshed white fish in its place. Make sure all your halibut fillets are similar in size and thickness so that they cook in the same time. **Serves 6**

- 2 large lemons**
- 6 1-inch-thick skinless halibut fillets (about 6 oz. each)**
Kosher salt and freshly ground black pepper
- 36 fresh medium sage leaves**
- 6 thin slices imported prosciutto**
- 6 Tbs. unsalted butter**

Position a rack in the center of the oven and heat the oven to 400°F.

Slicing crosswise, cut six ¼-inch rounds from the center of one of the lemons. Repeat with the remaining lemon. Squeeze the juice from the ends of the lemons into a small bowl (you'll need 4 tsp.) and set aside. Arrange the lemon rounds in slightly overlapping pairs on a heavy-duty rimmed baking sheet.

Season the fish with salt and pepper. Set two sage leaves on top of each fillet and then wrap each fillet with a slice of prosciutto. The prosciutto should form a belt,

enclosing the leaves but leaving the fish exposed at either end. Lay one wrapped fillet on top of each pair of lemon slices. Bake until the fish is cooked through (it should flake and be opaque in the thickest part), 15 to 20 minutes depending on the thickness of the fillets.

While the fish is cooking, melt the butter in a 10-inch skillet over medium-low heat. Add the remaining sage leaves and cook, turning once, until the leaves are crisp and the butter begins to brown, about 7 minutes. Add the 4 tsp. lemon juice to the butter and season with ¼ tsp. salt or to taste.

Arrange each fillet (on its lemon slices) on each of six dinner plates. Pour any juices from the fish into the butter sauce in the skillet. Reheat the sauce if necessary. Spoon some of the sauce and a few sage leaves over each fillet and serve.



sear-roasted rib-eye with creamed chard

Chard takes the place of spinach in this riff on a classic steakhouse combo. Any kind of chard will work well, but rainbow chard adds nice color. **Serves 4**

- 1 **tsp. Worcestershire sauce**
Kosher salt and freshly ground black pepper
- 2 **1½-inch-thick boneless rib-eye steaks (about 2 lb. total), each cut into two equal pieces and patted dry**
- 2½ **Tbs. olive oil**
- 2 **large cloves garlic, minced**
- 1½ **lb. chard, washed, stems halved lengthwise and thinly sliced crosswise, leaves sliced into ribbons about ½ inch thick**
- 1 **tsp. chopped fresh thyme**
- 2 **Tbs. dry white wine**
- ½ **cup heavy cream**
- 1½ **tsp. fresh lemon juice; more to taste**
- ¾ **oz. finely grated Parmigiano-Reggiano (¾ cup using a rasp grater)**

Position a rack in the center of the oven and heat the oven to 425°F. Set a wire rack over a rimmed baking sheet lined with foil.

In a small bowl, combine the Worcestershire sauce with 2 tsp. salt and ½ tsp. black pepper, and rub all over the steaks.

Heat 1 Tbs. of the olive oil in a heavy-duty 12-inch skillet over medium-high heat until

shimmering hot. Sear the steaks until well browned, about 3 minutes per side. Transfer to the rack and roast until medium rare (130°F), 8 to 10 minutes. Transfer to a platter, tent with foil, and let rest for at least 5 minutes.

While the steaks are in the oven, return the skillet to medium heat, add the remaining 1½ Tbs. oil and the garlic, and cook, stirring, until pale golden, about 1 minute. Add the chard stems, thyme, and a pinch of salt; cook, stirring occasionally, until just tender, about 5 minutes. In batches, add the chard leaves, tossing with tongs and ¼ tsp. salt, until wilted, about 5 minutes. Transfer to a large sieve and press on the chard with the back of a spoon to drain as much liquid as possible.

Return the chard to the skillet over medium heat and add the wine. Cook, stirring occasionally, until the wine is almost evaporated, about 2 minutes. Add the cream, bring to a boil, then adjust the heat to simmer until reduced by half, about 3 minutes. Off the heat, stir in the lemon juice and Parmigiano. Season to taste with more lemon juice, salt, and pepper. Serve with the steaks.



arugula, feta, and dill frittata

Let the frittata sit a few minutes before cutting into it; the flavors will intensify. **Serves 4**

- 9 **large eggs**
- 3 **Tbs. freshly grated Parmigiano-Reggiano**
- 3 **oz. feta cheese, crumbled (about ¾ cup)**
- 2 **Tbs. minced fresh dill**
Coarse salt and freshly ground black pepper
- 2 **Tbs. olive oil**
- 1 **large clove garlic, minced**
- 4 **cups packed arugula (about 4 oz.), stemmed, washed, and dried**

Adjust an oven rack to the upper-middle position and heat the oven to 400°F. In a large bowl, lightly beat the eggs. Stir the Parmigiano, feta, dill, and a light sprinkling of salt and pepper into the beaten eggs.

Heat the oil and the garlic in a 10-inch ovenproof nonstick skillet over medium-high heat. When the garlic sizzles and starts to turn golden, add the arugula. Cook the arugula, stirring constantly, until wilted, 1 to 2 minutes. Season lightly with salt and pepper. Reduce the heat to low, shaking the pan to distribute the arugula evenly. Add the egg mixture and cook until the eggs start to set around the edges, about 1 minute.

Transfer the pan to the oven and bake until the eggs are puffed and set, 10 to 12 minutes. Slide or invert the frittata onto a large plate, cut into four wedges and serve.



stir-fried pork with kimchi and shiitake

There are many types of kimchi (Korean preserved vegetables), but spicy napa cabbage kimchi is the most popular and the best version for this recipe. It can be found at Asian markets and in the produce section of some large supermarkets. Steamed short-grain rice makes a good accompaniment to this dish. Serves 4

- 1 pork tenderloin (12 to 16 oz.), trimmed of silverskin and cut crosswise ¼ inch thick**
- 1 Tbs. soy sauce**
Freshly ground black pepper
- 3 Tbs. peanut or canola oil**
- 8 oz. fresh shiitake mushrooms, stems trimmed, caps cut into ¼-inch slices**
- 6 scallions, cut into 1½-inch lengths**
- 3 large cloves garlic, minced**
- 16 oz. napa cabbage kimchi, drained and very coarsely chopped (about 2¾ cups)**
- 3 Tbs. mirin (or 2 Tbs. sake or white wine plus 4 tsp. granulated sugar)**
- 1 Tbs. Asian sesame oil**
Kosher salt
- ½ Tbs. toasted sesame seeds**

In a medium bowl, toss the pork, ½ Tbs. of the soy sauce, and ½ tsp. pepper.

Heat 1 Tbs. of the oil in a 12-inch nonstick skillet over medium-high heat until you see the first wisp of smoke.

Swirl to coat the pan, then add half of the pork and stir-fry until brown in spots and no longer pink, about 2 minutes. Transfer to a bowl. Add another 1 Tbs. of the oil to the skillet and repeat with the remaining pork.

Add the remaining 1 Tbs. of the oil to the pan and swirl to coat. Add the mushrooms and scallions and cook, stirring, until the mushrooms are shrunk in size and the scallions are wilted, 2 to 3 minutes. Stir in the garlic and cook until fragrant, about 30 seconds.

Add the kimchi, mirin, and the remaining ½ Tbs. soy sauce and cook, stirring frequently, until the liquid released by the kimchi is reduced to about ½ cup, about 3 minutes. (The amount of liquid released by the kimchi is somewhat unpredictable—if there is an excessive amount, cook until it reduces or spoon some of it off.) Add the pork and any accumulated juices and cook until heated through, 1 to 2 minutes more. Drizzle with the sesame oil and stir well. Season to taste with salt and pepper, sprinkle with the sesame seeds, and serve.





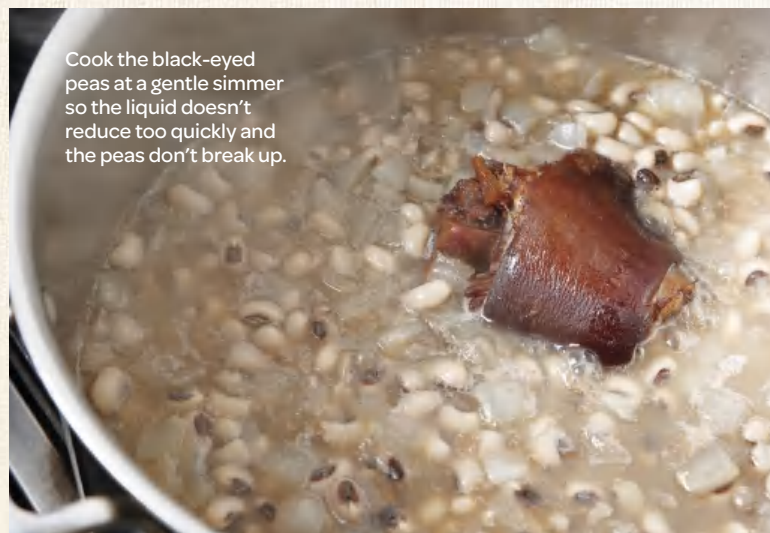
HOW TO MAKE

Hoppin' John

This classic black-eyed pea and rice dish is a southern New Year's tradition.

MANY SOUTHERNERS HAVE HOPPIN' JOHN—rice and black-eyed peas with pork—on New Year's Day nearly every year. This is supposed to bring luck (although no one's quite sure why), and this dish is widely enjoyed.

This is real-deal southern cooking, and there are as many recipes as there are southerners. In this version, you'll make a rice pilaf separately from the peas so that the rice stays firmer and fluffier than it would if they were cooked together or if the rice were just steamed. You'll also cook the peas in chicken broth instead of water for some extra flavor. The result is a bowl of hearty goodness, which, lucky or not, is the perfect way to start a new year.



Cook the black-eyed peas at a gentle simmer so the liquid doesn't reduce too quickly and the peas don't break up.

Need to Know

Buy dried black-eyed peas from a store with high turnover. You can count on recently harvested dried peas to cook up quickly and be tender.

Add salt early. The notion of salt slowing down the cooking process is a myth. Dried beans cook faster when salt is added at the beginning because it helps break down their cell walls.

Enhance the broth. Simmering the pork along with the peas gives the broth a deeper flavor for tastier beans.

Fresh black-eyed peas are another option. There's no need to soak them, and they'll cook faster than dried, so you should simmer the pork in the broth for about 20 minutes before adding the peas to get the full flavor. Avoid canned or frozen peas—they'll turn mushy in this recipe.

Bake the pilaf in the oven. Rice pilaf can be cooked on the stovetop or in the oven, but the oven provides even heat distribution so the pilaf comes out fluffy, with separate grains.

Several Types of Pork Will Work

When it comes to the pork component of Hoppin' John, there are several ways to go:

Hog jowl Arguably the most traditional cut of pork to use, jowl comes from the cheek of the pig and is often smoked. A very fatty cut, it will result in rich Hoppin' John studded with tender little pieces of pork.

Bacon Thick-cut bacon makes a good, easy-to-find substitute for hog jowl. It gives the final dish a smoky flavor, and chewy little pieces of bacon add texture.

Ham hock Ham hocks, which come from the lower leg, are most often sold smoked and cured. They're also traditional and will add ham flavor to the Hoppin' John.

Salt pork Like bacon, this comes from the side or belly of the pig, but instead of being smoked, it's cured in salt, which leaves it much fattier. It won't give the Hoppin' John a smoky flavor, as the other meats do, but it's rich and flavorful.

hoppin' john

This dish is traditionally served with collard greens and cornbread, which represent money and gold in the new year. For recipes, go to FineCooking.com. Vidalia onions are delicious here, but a white onion will work, too. Serves 6

FOR THE BLACK-EYED PEAS

- 1 lb. (2 cups) dried black-eyed peas
- 8 oz. hog jowl, salt pork, or bacon, cut into ¼-inch-thick strips, or 1 smoked ham hock and 1 Tbs. canola oil
- 1 large sweet or white onion, chopped (about 2 cups)
- 5 cups lower-salt chicken broth
- Kosher salt and freshly ground black pepper

FOR THE RICE PILAF

- 1 oz. (2 Tbs.) unsalted butter
- 1 shallot, chopped (¼ cup)
- 1 lb. (2 cups) long-grain rice, such as Carolina Gold, jasmine, or basmati
- Kosher salt and freshly ground black pepper
- 3½ cups lower-salt chicken broth
- Jarred sliced banana peppers for garnish
- Hot sauce for serving



MAKE THE BLACK-EYED PEAS

Place the peas in a large bowl. Pick through and discard any stones. Add cold water to cover by 2 inches and soak 8 to 24 hours. (For a quick soak, put the peas and water in a large pot and bring to a rolling boil over high heat. Remove from the heat and let soak for 1 hour.) Drain the peas, discarding the water.

Heat a 5- to 6-quart heavy-duty pot over medium heat. If using hog jowl, salt pork, or bacon, add it and cook, stirring occasionally, until browned and crisp and the fat has rendered, about 5 minutes. If using a ham hock, heat the canola oil over medium heat.

Add the onion and cook, stirring occasionally, until softened, 3 to 5 minutes. Add the chicken broth and drained peas (and the ham hock, if using) and bring to a boil. Season with 1 tsp. salt and ½ tsp. pepper. Reduce the heat to a simmer and cook, uncovered, until the peas are tender, about 30 minutes. Season to taste with salt and pepper.

MAKE THE RICE PILAF

Position a rack in the center of the oven and heat the oven to 350°F.

Melt the butter in a 4- to 5-quart Dutch oven or other heavy-duty ovenproof pot over medium heat until foaming. Add the shallot and cook, stirring, until softened, 2 to 3 minutes.

Add the rice and cook, stirring constantly, until coated with butter and translucent around the edges, 1 to 2 minutes. Season with 1 tsp. salt and a few grinds of pepper. Add the broth and stir. Bring to a boil, cover with a tight-fitting lid, and transfer to the oven.

Bake until the liquid is absorbed and the rice is tender, about 17 minutes. Remove from the oven and let stand, covered, for 5 minutes. Fluff with a fork before serving.

Serve the peas over the rice, garnished with the banana peppers. Pass the hot sauce on the side.



COOK'S TIP



Garnish Hoppin' John with pickled banana peppers, which add a pop of color, heat, and acidity. It's also traditionally served with hot sauce—any good southern brand like Crystal, Tabasco, or Texas Pete will do.



IN SEASON

Market Finds

Discover three seasonal ingredients and learn the best ways to cook with them.

AT THE MARKET, look for a few of our winter favorites: broccoli leaves, yuca, and leeks. To help you keep these beauties at their best, we'll tell you how to buy and store them and offer up recipes and ideas for enjoying them to their fullest.


Broccoli Leaves

It may be cliché to proclaim a vegetable the new kale, but broccoli leaves are a contender—once more people know about them, that is. New to grocery stores, these mature leaves of the broccoli plant have a subtly sweet, mild broccoli flavor that's sure to gain a cult following.

Former farmers' secret

Even if you've never eaten broccoli leaves, you've probably dealt with them while preparing dinner. If allowed to grow, those little leaves that you've been trimming from your broccoli become big, thick, and ruffle-edged. Full of vitamins and calcium, they're sometimes available at farmers' markets (if the farmers haven't saved them for themselves), but commercial growers have mainly been chopping them up for mulch, until now. Realizing that they



A top-down view of a white bowl filled with tortellini soup. The soup contains several tortellini, dark green broccoli leaves, and small cubes of orange carrots. A silver spoon is partially submerged in the soup. The bowl sits on a rustic, green-painted wooden surface.

could be making better use of all parts of the plant and that the leaves' great taste and nutritional benefits would make them a hit among shoppers, Foxy Produce Company is now making them available in supermarkets under the trade name BroccoLeaf.

Perk them up in water

Look for firm, evenly colored leaves with no holes in them. Store unwashed broccoli leaves in a plastic bag in the crisper drawer of your refrigerator. The leaves are hardy and can last for up to 2 weeks. If they wilt a little, trim the stems and stick them in a glass of water in the refrigerator overnight. Remove the stems and rinse the leaves just before eating.

Good raw or cooked

Broccoli leaves are wonderful in soups, like the one at right, and stews. They can also be roasted into chips, used in place of lettuce for handheld wraps, stir-fried, sautéed and tossed with pasta, or puréed into a sweeter-than-average pesto. And they pair well with acidic fruits, like berries and citrus, in juices and smoothies.

Broccoli leaves taste good with many of the same flavors that go with broccoli; garlic, lemon, and aged cheeses like Parmigiano-Reggiano are all tasty. They're great with smoky pork flavors, like bacon, and mild meats, like chicken. Traditional Asian flavors such as soy sauce and ginger also make good accents. Asian flavors like soy sauce and ginger also make good accents.

broccoli leaf tortellini soup

In this hearty take on tortellini en brodo, a piece of Parmigiano rind lends its savory flavor to the broth and complements the earthy sweetness of the greens. You can enhance the effect with a sprinkle of Parmigiano on top. Serves 4 to 6

- 2 Tbs. unsalted butter
- 1 small carrot, finely chopped
- 1 small rib celery, finely chopped
- ½ medium yellow onion, finely chopped
- 2 thyme sprigs
- 1 large clove garlic, smashed
- 1 bay leaf
- Kosher salt and freshly ground black pepper
- 2 quarts lower-salt chicken broth
- 1 small Parmigiano-Reggiano rind (1x2 inches)
- 9 oz. fresh cheese tortellini
- 12 oz. broccoli leaves, stemmed and chopped (about 5½ cups)
- Freshly grated Parmigiano-Reggiano (optional)

Melt the butter in a 5- to 6-quart pot. Add the carrot, celery, onion, thyme, garlic, bay leaf, ½ tsp. salt, and ¼ tsp. pepper and cook, stirring occasionally, until lightly browned, about 5 minutes.

Add the broth and cheese rind; bring to a boil. Reduce the heat to a simmer and cook about 10 minutes to meld the flavors. Remove and discard the thyme, garlic, bay leaf, and rind.

Return the broth to a boil. Add the tortellini and broccoli leaves and cook until tender, about 7 minutes. Season to taste with salt and pepper. Serve sprinkled with the cheese, if using.



Yuca

The rough, crackled, brown exterior of yuca belies its creamy-white flesh and delicate, slightly sweet and nutty flavor. Also known as cassava, manioc, and tapioca, yuca (yoo-kah) is a versatile staple in Latin America, the Caribbean, Africa, and much of Asia. It's starting to appear on the United States restaurant scene, as ethnic street foods become increasingly popular. Boiled, baked, or fried, sweet or savory, these starchy tubers make an exciting alternative to potatoes. Pick some up at a grocery store or specialty market, and see what the rest of the world is buzzing about.

A tropical mainstay

In South America, yuca has been cultivated for thousands of years. A perennial, it can tolerate droughts and poor soil and does well in tropical conditions. Its tenacity and high carbohydrate content make yuca an important source of calories in areas where food is scarce.

Peel before using

Look for yuca that's firm with no blemishes or soft or shriveled spots. When cut into, the flesh should be bright white with no



black lines running through it. The skin, which is coated in wax, has a small amount of cyanide in it. Before cooking, use a peeler to remove the skin and the thin layer of purple flesh below it.

Find fresh yuca in grocery stores and Asian or Latin markets. Many stores also carry frozen yuca, which comes peeled and cut into chunks.

Whole yuca has a fairly short shelf life; kept in a cool, dark place, it lasts for about

a week. It can be peeled and stored in cold water in the refrigerator for 2 to 3 weeks, with the water changed regularly, or peeled and frozen for up to three months.

Try it boiled or fried

Yuca can be used in place of potatoes in many dishes. It's often cut into large chunks and boiled, after which the root's woody core can be easily removed. Serve boiled yuca fried, roasted, added to soups and

stews, or simply with butter and salt or a garlicky sauce. Use puréed boiled yuca to thicken soup or make fritters. Raw yuca can be sliced and fried into chips, shredded and baked into cakes, or ground into a paste to form dough for dumplings. Yuca must be cooked to neutralize any residual cyanide.

Yuca's subtle sweetness works well with bold flavors like cilantro and peppers and with warm flavors like cumin, or, on the sweet side, cinnamon, nutmeg, and coconut.



yuca fries with garlic mojo

This mojo perfectly pairs with fried yuca. Peeled frozen yuca can be substituted for fresh (don't defrost before boiling). Serves 6

- Kosher salt
- 1 large fresh yuca (about 1½ lb.)
- ½ cup extra-virgin olive oil
- ¼ cup finely chopped garlic (about 8 large cloves)
- ¼ cup finely chopped red onion
- ¼ cup fresh lemon juice
- 4 to 5 cups vegetable oil for frying

Fill a 4- to 5-quart pot halfway with well-salted water and bring to a boil over high heat.

Completely remove the yuca's brown skin and the purple layer under it with a vegetable peeler. Cut crosswise into 3-inch cylinders and halve the cylinders lengthwise.

Boil the yuca, covered, until tender, 30 to 45 minutes. Drain the yuca and transfer to a cutting board. Remove any fibrous cores with a fork. Cut the yuca into ½-inch-thick sticks and let cool and dry.

Meanwhile, position a rack in the center of the oven and heat

the oven to 200°F. Line a baking sheet with paper towels. Combine the olive oil, garlic, onion, lemon juice, and 2 tsp. salt in a 1-quart saucepan and set aside.

Heat ½ inch of vegetable oil in an 11- to 12-inch straight-sided sauté pan or skillet over medium-high heat until shimmering hot. Working in batches of 12 to 15, cook the yuca, turning occasionally and separating the pieces as needed, until golden, about 6 minutes. Transfer the fries to the lined baking sheet to drain, sprinkle with salt, then transfer to another rimmed baking sheet and keep warm in the oven while cooking more batches. They'll stay crisp in the oven for about 45 minutes.

Heat the olive oil mixture over medium heat, whisking occasionally, until fragrant and the garlic and onion are soft, about 4 minutes. Transfer to a dipping bowl and serve with the fries.



Leeks

There are a million reasons to love leeks: They're sweet and mildly oniony, they're easy to prep, and they cook quickly. But most of all, leeks promise good eating. Unfortunately, these members of the onion family are sometimes overlooked. Many people don't realize that leeks make a great day-in, day-out vegetable. They're a real kitchen workhorse and you can use them not only as an aromatic base for soups, stews, and braises or as a supporting player to other vegetables but also as a stand-alone vegetable (see "Tasty Ideas Starring Leeks" on the facing page).

Pairing up

Leeks' delicate flavor and gentle sweetness work well with both tangy, vibrant vinaigrettes and with the richness of cream and cheese. Bacon, pancetta, and prosciutto are also good additions to any leek dish. And when you're not serving them alone, it's great to pair leeks with other cold-season vegetables like winter squash, celery root, fennel, parsnips, beets, and, of course, potatoes for a classic leek and potato soup. Leeks are excellent braised, roasted, and sautéed. Steaming is also a good method for cooking leeks before you toss them with a vinaigrette or finish them in the oven or on the grill.

Buying and storing

Leeks are available year-round, but they're at their best from early fall through winter and into spring. When buying leeks, look for firm, undamaged bottoms and fresh-looking, brightly colored tops—the darker the tops, the older and tougher the leeks. The edible parts of leeks are the white and light-green portions (the dark-green leafy tops are usually cut off and discarded or used to flavor broths), so ideally, you want leeks with as much white as possible. Wrapped in a damp paper towel and stored in a plastic bag in the refrigerator, leeks will last at least a week.



COVER RECIPE

french bean and vegetable soup

This warm and comforting soup is perfect for a chilly evening. Serve it with crusty bread drizzled with extra-virgin olive oil. Serves 6

- 1½ cups (8 oz.) dried flageolets, sorted and rinsed**
- 1 medium clove garlic, smashed and peeled**
- 1 bay leaf**
- Kosher salt**
- 2 Tbs. extra-virgin olive oil or unsalted butter**
- ¼ lb. andouille sausage, cut into ½-inch pieces**
- ¾ cup chopped leek, cleaned (see Test Kitchen, p. 112)**
- ¾ cup chopped shallot**
- Freshly ground black pepper**
- 1 Tbs. tomato paste**
- 1½ tsp. minced fresh garlic**
- 1½ tsp. chopped fresh thyme**
- ¾ tsp. dried herbs de Provence**
- 1 cup sliced carrots (¼-inch-thick half-moons)**
- 1 cup canned, drained, diced tomatoes (reserve the juice)**
- 1 cup coarsely chopped Swiss chard**
- 5 to 6 cups homemade or store-bought lower-salt chicken broth or homemade vegetable broth**
- 1 to 2 tsp. sherry vinegar**
- ½ cup thinly sliced fresh chives**

Put the beans in a large bowl, add enough cold water to cover by 3 inches, and soak for 4 to 12 hours.

Drain and rinse the beans and transfer them to a 3- or 4-quart saucepan. Add the smashed garlic, bay leaf, and 6 cups cold water. Partially cover and simmer gently, stirring occasionally and adding ¾ tsp. salt after 30 minutes, until the beans are tender, 45 minutes to 1 hour total. If at any time the liquid doesn't cover the beans, add 1 cup water. Drain the beans, reserving the liquid. Discard the bay leaf (the garlic clove can stay).

Heat the olive oil or butter in a 4- to 5-quart soup pot or Dutch oven over medium heat. Add the andouille and cook, stirring often, until beginning to brown, 5 to 8 minutes. Pour the andouille and fat into a small strainer set over a bowl, and set the andouille aside. Spoon 2 Tbs. of the fat back into the pot and return it to medium heat. Add the leek and shallot and season with a pinch of salt and pepper. Cook,

stirring frequently, until they begin to soften, 4 to 6 minutes.

Add the tomato paste, minced garlic, thyme, and herbs de Provence, and cook until fragrant, 1 minute more.

Add the carrots, tomatoes, and Swiss chard, stirring to incorporate with the seasonings. Add 2 cups of the broth, partially cover, and simmer until the vegetables are just barely tender, 10 to 15 minutes.

In a large measuring cup, combine the reserved juice from the canned tomatoes, 1 cup of the reserved bean-cooking liquid, and enough broth to bring the amount of liquid to 4 cups.

Add the liquid, beans, and andouille to the pot and simmer, partially covered, for 10 minutes to meld the flavors.

Season to taste with vinegar, salt, and pepper. Serve garnished with the chives.

MAKE AHEAD

You can cook the beans 1 day ahead; refrigerate the beans and the cooking liquid separately until you make the soup. The finished soup will keep in the fridge for 3 to 4 days, tightly covered. Or you can freeze it for up to 3 months.



Tasty ideas starring leeks

For rich braised leeks, brown halved leeks in butter or olive oil, then deglaze the pan with white wine. Add a little chicken broth, cover, and simmer until tender. Finish with chopped fresh thyme.

Toss together a zesty salad. Steam thin leek slices until barely tender and then toss with soy sauce, rice vinegar, lime or lemon juice, and toasted sesame seeds.

Make a comforting leek gratin. Steam leek halves until barely tender and then layer them in a buttered baking dish with white sauce and sautéed bacon bits. Top with Gruyère and bread-crumbs and bake until brown and bubbling.

For a hearty side or vegetarian main course, toss halved leeks in olive oil, salt, and pepper and roast until tender and lightly browned. Serve on top of hot, creamy polenta with a generous dab of Gorgonzola.





PICK UP PISTACHIOS

These nuts make a delicious, healthful, and crunchy addition to so many dishes.

TO INCORPORATE MORE NUTS into your diet, start by adding pistachios to your shopping list. At this time of year, cooks are clamoring for these nuts, and it's easy to see why: They add delicious crunch to a range of dishes (not to mention that they're filled with protein, minerals, and cholesterol-lowering compounds). Give cooking with pistachios a try—they're freshest and most flavorful in winter.

avocado, mango, and pineapple salad with pistachios and pickled shallots

A shower of peppery greens balances the sweetness of the mango and lets the avocado shine through. **Serves 4 to 6**

- 1 medium shallot (1 to 2 oz.), sliced into very thin rings
- 2 Tbs. Champagne or rice vinegar
- Kosher salt
- 3 Tbs. extra-virgin olive oil
- 1 tsp. red-wine vinegar
- 2 cups baby arugula or watercress
- ¼ cup roasted, salted pistachios, coarsely chopped
- 1 Tbs. thinly sliced fresh mint
- 1 Tbs. thinly sliced fresh basil
- Freshly ground black pepper
- 3 medium firm-ripe avocados (6 to 7 oz. each), pitted, peeled (see Test Kitchen, p. 107), and sliced lengthwise ¼ inch thick
- 2 kiwis, peeled, halved, and sliced ¼ inch thick
- 1 medium mango, pitted, peeled, and sliced lengthwise ¼ inch thick

- ½ medium pineapple, peeled, cored, and cut into ½-inch dice (about 2 cups)

In a medium bowl, toss the shallot with the Champagne vinegar and a pinch of salt and set aside for 10 minutes, stirring once. Drain the shallot into a small bowl and reserve the vinegar. Whisk the olive oil and red-wine vinegar into the shallot vinegar.

In a medium bowl, toss 1 Tbs. of the vinaigrette with the pickled shallots, arugula or watercress, pistachios, mint, basil, ¼ tsp. salt, and a few grinds of pepper. Arrange the avocado, kiwi, mango, and pineapple on a platter. Drizzle with the remaining vinaigrette and season to taste with salt and pepper. Top with the arugula mixture and serve immediately.



arugula salad with dried cherries and pistachios

The deep, sweet flavor of dried cherries contrasts a bright orange vinaigrette and peppery greens for a salad that gets better and better with each bite. Serves 8

- ½ cup fresh orange juice**
- 2 Tbs. sherry vinegar**
- 1 Tbs. finely grated orange zest**
- ¾ cup extra-virgin olive oil**
- Kosher salt and freshly ground black pepper**
- 10 oz. baby arugula**
- 10 oz. slender carrots, preferably multiple colors, cut into bite-size pieces**
- 2 oz. (about ½ cup) dried cherries, coarsely chopped**
- 2 oz. (about ½ cup) pistachios, very finely chopped**

In a small bowl, combine the orange juice, vinegar, and zest. Slowly whisk in the olive oil until well combined. Season to taste with salt and pepper.

In a large bowl, toss the arugula, carrots, cherries, and half the pistachios with enough dressing to coat well. Season to taste with salt and pepper. Serve the salad topped with the remaining pistachios.





pistachio-crusted cod fillets

Whether using traditional or loin fillets, the doneness test is the same: The flakes will separate easily, and the fish will be opaque. **Serves 4**

- ½ cup unsalted shelled pistachios**
- ⅓ cup fresh breadcrumbs**
- 2 Tbs. grated Parmigiano-Reggiano**
- ½ tsp. coarse salt; more to taste**
- ⅛ tsp. finely ground black pepper; more to taste**
- 2 Tbs. olive oil**
- 4 cod fillets, preferably loin pieces (4 to 6 oz. each)**
- 2 Tbs. Dijon mustard**

Heat the oven to 425°F. Line a small baking sheet with foil and lightly grease the foil (spray is fine).

Chop the pistachios into medium-fine pieces. Combine the nuts, breadcrumbs, Parmigiano, salt, and pepper in a shallow bowl. Drizzle with the olive oil and toss with a fork until the crumbs are evenly moistened.

If using fillets with tapered ends, loosely fold the ends under to create a fillet of even thickness. Spread the top of each fillet evenly with the mustard. Press the mustard-coated side of each fillet into the crumb mixture to generously coat the fish. Set the fillets, coating side up, on the prepared pan. Sprinkle the remaining crumb mixture over the fillets to form a thick coating.

Bake the fillets until the topping is crisp and browned and the fish is cooked through, 10 to 12 minutes, depending on thickness (see above for doneness test). Serve immediately.



parmigiano-pistachio frico

These delicate cheese crisps are a perfect predinner nibble, ideally with a glass of something sparkling. You'll need a lot of cheese to make them—grinding it in a food processor is a great time-saver. **Yields 24; serves 8 to 10**

6 oz. Parmigiano-Reggiano, finely ground in a food processor (1½ cups)

1½ oz. (¼ cup) shelled pistachios, coarsely chopped

Position a rack in the center of the oven and heat the oven to 350°F.

Line 2 large baking sheets with parchment. Sprinkle 1 scant Tbs. of the cheese on the parchment in a line 4 inches long and 1 inch wide. Repeat to make more lines spaced about 1½ inches apart (12 on each sheet). Bake 1 sheet for 7 minutes, then remove from the oven and sprinkle each frico with about ½ tsp. of the pistachios. Return to the oven and bake until bubbling and golden, 3 to 5 minutes more. Transfer the parchment to a rack and gently loosen the frico from the parchment with a thin metal spatula. Repeat with the other sheet. Let cool completely before serving. The frico will keep in an airtight container for up to 5 days.



pistachio-cranberry biscotti straws

These biscotti can be made and frozen up to 6 weeks ahead. Once thawed, they are as delicious and fragrant as the day you baked them.

Yields about 2½ dozen biscotti

- 5½ oz. (1¼ cups) all-purpose flour**
- ½ cup granulated sugar**
- 1 tsp. baking powder**
- ¼ tsp. table salt**
- ¾ cup unsalted shelled pistachio nuts (3½ oz.)**
- ½ cup sweetened dried cranberries (2½ oz.)**
- 1 large egg**
- 1 large egg white**
- 1 Tbs. finely grated orange zest (from about 2 oranges)**
- 1 Tbs. fresh orange juice**
- ¾ tsp. pure vanilla extract**

Position a rack in the center of the oven and heat the oven to 325°F. Line a large cookie sheet with parchment or a nonstick baking liner.

In the bowl of an electric stand mixer fitted with the paddle attachment, mix the flour, sugar, baking powder, and salt on low speed until well blended. On low speed (or with a wooden spoon if mixing by hand), briefly mix in the nuts and cranberries.

In a small bowl or a 1-cup glass measure, whisk together the egg, egg white, orange zest, orange juice, and vanilla. With the mixer on low speed, slowly pour in the egg mixture (mix in with the spoon if mixing by hand). Continue mixing (or mixing with a wooden spoon or your hands), until the dough is well blended and forms a sticky, moist dough, 1 to 2 minutes.

Dump the dough onto the lined cookie sheet. Using slightly damp hands, shape the dough into a 7x11½-inch rectangle, wetting your hands as needed. Press and shape the dough as evenly as possible.

Bake until the rectangle is golden brown on top and slightly darker brown around the edges, about 25 minutes. Transfer the cookie

sheet to a rack to cool for about 10 minutes or until it can be easily handled.

Transfer the biscotti to a cutting board; use a spatula to loosen it from the parchment if necessary. Using a serrated knife, cut the biscotti crosswise into slices about ½ inch thick. (Use a gentle sawing motion to break through the crust. After that, a firm push down on the knife is all that's needed.) Discard the parchment, return the slices to

the cookie sheet, and arrange them with a cut side down. (It's all right if they touch because they don't spread.)

Bake until the biscotti are light golden brown and feel dry, about 14 minutes. Transfer the cookie sheet to a rack and let the biscotti cool completely; they'll crisp as they cool.



apricot, pistachio, and chocolate-chip bars

Apricot and chocolate are an inspired combination in these chewy bars.

Yields eighteen 3x2-inch bars

- 9 oz. (2 cups) all-purpose flour**
- 1¼ cups old-fashioned oats**
- 1 cup packed dark brown sugar**
- ½ tsp. ground cinnamon**
- ½ tsp. table salt**
- 8 oz. (1 cup) chilled unsalted butter, cut into ½-inch cubes**
- 4 oz. (about 1 cup) chopped, shelled natural pistachios**
- ½ cup diced dried apricots**
- ½ cup white chocolate or semisweet chocolate morsels**
- 1 15½-oz. jar apricot preserves**

Heat the oven to 325°F. With an electric mixer, combine the flour, oats, sugar, cinnamon, and salt; mix on low speed until well combined. Add the butter and mix on medium until the butter is mostly blended and the mixture

appears moist and begins to pull together, about 3 minutes. Stir in the pistachios. Reserve 1½ cups of this crumb mixture, stir the dried apricots and chocolate morsels into it, and refrigerate. Firmly press the remaining mixture into the bottom of an ungreased 13x9-inch baking pan. Bake in the middle of the oven for 25 minutes. Let cool for about 20 minutes. Spread the apricot preserves evenly on top, leaving a ½-inch border around the edge of the crust. Crumble the reserved crumb mixture over the top. Continue baking until lightly browned and the fruit filling is bubbling all over, including the center of the pan, 35 to 40 minutes. Let cool completely before slicing into 18 bars (or into smaller pieces, if you like).



orzo with pistachios and lemon

This pasta side dish is delicious served with roast chicken or braised short ribs. Serves 4

- 8 oz. orzo**
- Kosher salt**
- ¼ cup chopped, toasted pistachios**
- 2 Tbs. lemon juice**
- 1 Tbs. extra-virgin olive oil**
- 1 Tbs. finely chopped parsley**
- 1 tsp. finely grated lemon zest**
- Pinch crushed red pepper flakes; more to taste**

Cook the orzo in a large pot of boiling salted water until al dente. Reserve ½ cup of the water, drain the orzo, and transfer to a large bowl. Toss with the pistachios, lemon juice, olive oil, parsley, lemon zest, 1 tsp. salt, and a pinch of crushed red pepper flakes if you like it spicy. If necessary, moisten with some of the reserved cooking water.



pistachio pesto pizza

Pistachio may sound like an unusual pizza topping, but trust us—its toasty flavor goes incredibly well with cheese. This recipe makes more pesto than you need for two pizzas, but you can freeze it in small batches for future good eating. Makes two 10- to 11-inch pizzas; serves 4

- 2½ oz. (about ¾ cup) shelled pistachios, toasted, plus 3 Tbs. toasted and ground
- ¾ cup extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- Flour for the peel
- 2 8-oz. balls pizza dough (homemade or store-bought) at room temperature
- 5 oz. fresh mozzarella, torn into small pieces
- 3 oz. fresh goat cheese, crumbled
- 1 cup finely grated Parmigiano-Reggiano
- 3 Tbs. crème fraîche

Put a pizza stone on the lowest rack of the oven, heat the oven to 550°F, and let the stone heat for at least a half hour.

Combine the whole pistachios and the olive oil in a food processor or blender and pulse until mostly smooth, about 2 minutes. Season to taste with salt and pepper.

Lightly flour a pizza peel. Stretch one dough ball into a 10- to 11-inch round and transfer it to the peel. Drizzle 2 Tbs. of the pesto over the dough. Top with half of the cheeses. Slide the dough onto the hot stone and bake until the crust is nicely browned and the cheese is melted, about 8 minutes.

Meanwhile, in a small bowl, whisk the crème fraîche with 1 Tbs. water.

Transfer the pizza to a cutting board and drizzle with half of the crème fraîche and sprinkle with half of the ground pistachios. Repeat to make the second pizza.





roasting brings out flavor

A light roasting in a moderate oven until fragrant and lightly golden will accentuate the flavor of most nuts, including pistachios. Just be careful not to overdo it because darkly roasted nuts will be bitter and dry. Roasted nuts turn rancid more quickly than raw ones, so use them within a few days after roasting.

Grinding is easiest to do in an inexpensive drum-type nut or cheese grater. Nuts have a high fat content, so if you use a food processor, pulse briefly and pay close attention or you'll end up with nut butter.



shop & store pistachios

Nuts in the shell, like pistachios, are usually the very freshest and best tasting. The shell keeps out light, insects, air, and mold, all of which cause nuts to dry out, turn rancid, or both.

When choosing nuts in the shell, look for whole, clean shells with no blemishes, holes, or cracks. Pick up a nut and shake it. Nuts will rattle freely in the shell if they're old and dry.

When choosing nuts out of the shell, look for plump, unbroken nutmeats. Avoid those that are discolored or shriveled. Airtight containers preserve freshness and flavor, but they make it impossible to taste the nuts until you leave the store.

When you are able to taste, choose nuts that are sweet and crunchy. Rancid nuts have a bitter, unpleasantly oily taste. A rancid nut can ruin an otherwise perfectly prepared dish, so always taste several nuts from the batch before you use them.

Store pistachios in a cool, dry place. Shelled nuts, unless they're vacuum-packed in cans, should be wrapped tightly and stored in the fridge or freezer. Pistachios keep best in the shell, but all nuts gradually turn rancid, even when frozen, so don't store them for more than a few months in the freezer.

carrots with pistachio-herb butter

Lime and pistachios add brightness and crunch to crisp-tender carrots. Serves 8

- ½ cup salted, roasted, shelled pistachios**
- ½ cup lightly packed fresh flat-leaf parsley leaves**
- 1 Tbs. packed fresh mint leaves**
- 2 oz. (4 Tbs.) unsalted butter, softened**
- ½ oz. finely grated Parmigiano-Reggiano (½ cup)**
- 1 tsp. packed finely grated lime zest**
- 4 to 6 drops hot sauce, such as Sriracha**
- Kosher salt**
- 3 lb. carrots**
- 2 tsp. fresh lime juice; more as needed**

MAKE THE PISTACHIO BUTTER

Coarsely chop the pistachios in a food processor. Set aside half of the nuts. Pulse the remaining nuts until they are quite fine but not pasty. Add the parsley and mint, and pulse

again until the herbs are finely chopped. Add the butter, cheese, zest, hot sauce, and 1 tsp. salt; pulse until well blended. If working ahead, scrape the butter onto plastic wrap, shape into a log, wrap, and freeze. Seal the reserved pistachios in a small zip-top freezer bag or other airtight container and freeze.

COOK AND FINISH THE CARROTS

Take the butter out of the refrigerator if made ahead. Combine the carrots and 1 tsp. salt in a 4-quart saucepan and add enough water to just cover. Cover the pan and bring to a boil over high heat. Reduce the heat to maintain a simmer and cook to your liking, about 5 minutes for crisp-tender.

Reserve about ¼ cup of the cooking water, drain the carrots, and then return them to

the pan. Add the butter in pieces and toss to melt and coat the carrots. Add the lime juice and some of the reserved water, if necessary. Season to taste with salt and more lime juice. Serve topped with the reserved pistachios.

MAKE-AHEAD TIPS

The butter can be made up to one month ahead and frozen (along with the reserved pistachios). Thaw the butter in the refrigerator for one day and the pistachios at room temperature.

The carrots can be peeled and cut up to two days ahead. Seal in a zip-top bag or other airtight container and refrigerate.





Make Ahead

The granola will keep in an airtight container for up to 3 months.

cherry-pistachio granola

Rolled barley and wheat flakes add interesting textural variety, but if you prefer, you can use just oats (use 6 cups total). **Yields about 11 cups**

- 3 cups (9½ oz.) rolled oats (not steel-cut or quick)**
- 1½ cups rolled barley flakes**
- 1½ cups rolled wheat flakes**
- 1 cup shelled unsalted pistachios**
- ½ cup toasted wheat germ**
- ½ cup nonfat dry milk powder**
- ¼ cup packed light brown sugar**
- 2 tsp. ground cinnamon**
- 1 tsp. kosher salt**
- ⅔ cup toasted pistachio oil (for a lighter flavor, substitute a neutral oil like canola)**
- ⅔ cup maple syrup**

- 1 Tbs. pure vanilla extract**
- 1 cup chopped dried cherries**

Position racks in the top and bottom thirds of the oven and heat the oven to 350°F. Evenly spread the oats, barley flakes, and wheat flakes on two large rimmed baking sheets. Bake, stirring once, until just golden, 5 to 10 minutes. Transfer to a very large bowl.

Mix the pistachios, wheat germ, milk powder, brown sugar, cinnamon, and salt with the grains.

Heat the oil, maple syrup, and vanilla in a 2-quart saucepan over medium heat. Cook, stirring occasionally, until bubbles begin to appear around the edge of the pan, about 4 minutes. Pour the oil mixture over the dry ingredients. Using two large spoons, gently mix and toss until the dry ingredients are evenly moistened.

Spread the mixture onto the two rimmed baking sheets and bake, tossing the granola and swapping and rotating the sheets

halfway through, until golden brown and no longer sticky, 10 to 14 minutes.

While the granola is still hot, toss it with the cherries, using ½ cup per sheet. Let cool to room temperature without disturbing. Using your hands, break up any large clumps of granola—you want pieces that range in size from almonds to peas. Store in airtight containers at room temperature in a cool, dry place for up to 3 months.





pistachio-crusted lamb chops

Serve the lamb chops with lentils and rice and plain Greek yogurt mixed with chopped mint. **Serves 4 to 6**

- 1 cup unsalted shelled pistachios**
- Kosher salt**
- 3 Tbs. honey**
- 1 Tbs. fresh lemon juice**
- 1 tsp. ground cumin**
- ¼ tsp. cayenne**
- Freshly ground black pepper**
- 12 lamb rib chops (about 1½ lb.)**
- 2 Tbs. extra-virgin olive oil**

Position a rack about 4 inches from the broiler and heat the broiler on high.

Finely chop the pistachios in a food processor. Combine the pistachios and ½ tsp. salt in a small bowl. In another small bowl, use a fork to mix the honey and lemon juice. In a third small bowl, mix the cumin, cayenne, 1 tsp. salt, and ½ tsp. pepper.

Brush the lamb chops with the oil and season on both sides with the spice mixture.

Arrange the chops on a foil-lined rimmed baking sheet. Broil until lightly browned, 1 to 2 minutes. Flip and broil until the second sides are lightly browned, 1 to 2 minutes. Remove the baking sheet from the oven, and lower the rack to about 6 inches from the broiler. Using a pastry brush, spread about half of the honey mixture on the top sides of the chops. Sprinkle with about half of the nuts, pressing so that they adhere. Broil until the nuts are lightly toasted, about 30 seconds.

Flip the chops and repeat the honey-nut coating on the other sides. Broil until the nuts are lightly browned and the lamb is medium rare, about 30 seconds. Let the chops rest for about 2 minutes, and then serve, sprinkling any nuts that may have fallen off the lamb onto each portion.



rice pilaf with spiced caramelized onions, orange, cherry, and pistachio

The flavors of this pilaf are wonderful with curries and with full-flavored fish like salmon. **Serves 6 to 8**

- 4 Tbs. unsalted butter**
- 3 medium onions: 2 sliced (about 3 cups); 1 small diced (about 1½ cups)**
- ½ tsp. ground allspice**
- ½ tsp. ground cinnamon**
- Pinch ground cloves**
- 1½ tsp. kosher salt; more as needed**
- Freshly ground black pepper**
- 1 orange, zest finely grated (about 2½ tsp.) and juiced (about 6 Tbs.)**
- ¾ cup sweetened dried tart cherries**
- 1½ cups long-grain white rice**
- ¾ cup shelled pistachios, toasted and roughly chopped (3.5 oz.)**

In a 12-inch heavy-based skillet, melt 2 Tbs. of the butter over medium heat. Add the sliced onions, reduce the heat to medium low, and cook, stirring occasionally, until soft and lightly caramelized, 20 to 25 minutes. Add the allspice, cinnamon, and cloves, and stir well. Reduce the heat to low and cook another 5 minutes, stirring occasionally, to allow the onion to absorb the flavors of the spices and caramelize a bit more. Season with ½ tsp. of the salt and a few grinds of black pepper. Set aside.

Pour the orange juice over the cherries in a small bowl to hydrate them; if necessary, add enough water to cover completely.

In a heavy-based 3-quart saucepan with a tight lid, melt the remaining 2 Tbs. butter over medium heat. Reduce the heat to medium low and add the diced onion. Cook, stirring occasionally, until soft but not browned, about 5 minutes. Add the rice and the remaining 1 tsp. salt and stir well to coat each grain with butter. Toast for a full 5 minutes, stirring regularly to keep the grains separated and to prevent them from sticking to the bottom of the pan (the rice may turn opaque before 5 minutes is up, but keep going). Reduce the heat to low if there are any signs of scorching.

Add 2½ cups water, stir once, and bring to a boil over medium heat. Cover, reduce the heat to low, and cook for 18 minutes. Remove from the heat, and let the pilaf sit, still covered, for 5 minutes.

Once the pilaf has rested, remove the lid and fluff the rice with a fork. Strain the cherries and discard the orange juice. Using the fork, gently fold in the cherries, caramelized onions, pistachios, and orange zest. Taste for seasoning and adjust as needed.



how to fluff pilaf

Without a doubt, a fork is the best tool for fluffing rice pilaf. A spoon encourages clumping, but a fork's narrow tines gently separate the grains without breaking them, which helps preserve the perfect texture you've taken pains to achieve. Use a light hand because vigorous stirring could break up the grains and encourage them to cling together.

Here's a great fork-fluffing technique:

Slip the tines down into the rice alongside the edge of the pan. Gently lift and toss the rice toward the center of the pan. Continue this process as you work your way around the perimeter. Then add your finishing-touch ingredients and gently fold them in with the fork, using a similar fluffing motion.





Winter SALADS

Some vegetables and greens are at their best when the mercury drops.

YOU KNOW YOU'VE REALLY SEEN the last of the tomatoes and basil once the cool weather hits, but that doesn't mean you have to give up on preparing fresh, seasonal salads. Even the depths of winter offer inspirational produce: Some greens and vegetables are better in the winter than any other time of year.

Why some salads are best when there's snow on the ground

It seems like almost all vegetables are available year-round, but just because you can buy them doesn't mean they're good. Just as August tomatoes don't compare to the pale imitations you find in January, there are vegetables that are at their best December through February.

In addition to the ubiquitous winter squash, good winter salad vegetables include cabbage, leeks, Belgian endive, fennel, celery, kale, and mustard greens.

Hearty vegetables and sturdy greens aren't the only ones to benefit from the cold; some more delicate salad greens also hit their peak in the dead of winter. The cold weather causes them to produce thicker, sturdier leaves that have a substantial fleshy feel in the mouth.

Curly endive, which can be floppy in the heat of summer, produces crisp, tender leaves in the depths of January. Thicker leaves balance the peppery flavors of arugula and watercress. Sweet, velvety mâche, or lamb's lettuce, starts its growing season in February, just when you despair of ever seeing another ripe tomato.

Choosing vegetables in winter

Whether you're lucky enough to be choosing from a farmstand or just shopping at your local grocery store, you can have high hopes for winter salads when you know how to select good winter produce.

Heads of cabbage, celery, and fennel, as well as winter squash, should be quite firm and heavy for their size. For leeks, the smaller they are, the sweeter they'll be. Curly endive should have crisp, yellow-white leaves. (Green means the endive has seen too much light, which makes it turn bitter.) And look for greens with particularly thick leaves—they'll be the most tender.

Tender treatment for cold-weather vegetables. Winter vegetables are hardier than summer ones, and they require different storage methods. Fennel bulbs and their feathery tops keep crisp for more than a week in an airtight container. For leeks, keep them unwrapped in the refrigerator. When you're ready to use them, peel off the dried outer layer. Arugula and watercress should be used within a couple of days of purchase. Wrap them in a damp paper towel before packing them loosely in an airtight bag.

Winter squash and root vegetables such as potatoes and sweet potatoes are long-term keepers. These vegetables can keep for months if they're stored in a cool, dark area, such as a root cellar. Beets should be refrigerated but not squash or potatoes because the refrigerator is too cold and drying for them.

Turn hearty vegetables into satisfying salads

Some winter vegetables don't immediately suggest salads, but they yield to the power of a good suggestion. Here are a few:

- **Tame strong vegetables by slicing them thin.** Raw fennel can be tough, but very thin slices turn sweet and tender. Winter leeks are the sweetest, but they can still be pungent. If you use the white and dice it fine, you'll add a gentle punch to salads.
- **Turn up the heat.** Ideal for winter, warm or wilted salads become great comfort food. A one-minute sauté will tame the flavor of strong greens like mustard and kale, and a toss in hot dressing will turn raw spinach velvety.
- **The unexpected vegetable: raw squash.** Though you may have never considered eating raw squash, you should definitely try this. Raw butternut squash is sweet and crisp, and its color is a beautiful bright orange. Peel and grate, and you have the start of a memorable slaw.

Before you use the grated raw squash, you'll need to sprinkle it with a little salt; this removes an extremely tart compound from the squash. Salt it, let it sit for 5 minutes, pat it dry with a paper towel, and the squash is ready to use.

Fantastic flavors to use in winter salads

The winter seasoning palette is delicious and varied. Winter-salad pantry items include apples and their ciders, maple syrup, dried fruits, seeds, and smoked meats. This is also a good time of year to use cheese, nuts, and nut oils, which add the richer flavors we crave when it's cold outside.

Another good way to ensure your winter salads have plenty of bright flavors is to use a variety of vinegars and mustards. For example, white balsamic vinegar is lighter in color and flavor than the standard balsamic, but it's just as delicious. And coarse-ground mustards add both texture and flavor.

There's no need to make winter salads without the benefit of fresh herbs. Winter isn't considered a favored season for fresh salad herbs, but try using some of the "traditional winter food" herbs in new ways. Rosemary and sage are especially delicious in a warm vinaigrette.

simple salad of watercress, leek, and fennel

Winter eating doesn't always have to be hearty fare. This salad of watercress, leeks, and fennel is as delicate as anything you'd find at the height of springtime. This recipe is so easy, you'll want to make it in the spring and summer, too. Since the fennel should be shaved paper-thin, this is the time to bring out your mandoline, if you have one. This salad deserves your best olive oil. Serves 4

- 1 fennel bulb, sliced very thin against the grain
- 1 Tbs. finely minced leek (white only)
- ¼ cup extra-virgin olive oil
- ¼ tsp. kosher salt
- Freshly ground black pepper
- 3 cups watercress, washed, picked through, and dried

Combine the fennel and leek with the olive oil. Toss with salt and pepper. Add the watercress and toss gently.





what to do with fennel stalks and fronds

When you buy fennel, it often comes with its stalks and dill-like fronds attached. However, most recipes, like the one at left, call for fennel bulbs only. This doesn't mean you have to throw the stalks and fronds away, though. A great way to use fennel stalks is to add them to a vegetable broth, especially if you plan to use the broth in a fennel dish—they lend quite a bit of anise flavor. The stalks also freeze well in plastic bags for later use.

You can use the mildly anise-flavored fronds as you would a fresh herb in several ways:

- In salads, especially if the salad contains fennel
- Tucked in the cavity of roasted chicken or whole fish, alone or with other aromatics
- Chopped and added to marinades for fish or meat, along with garlic and other herbs
- Added to chunky vegetable soups during the last minutes of simmering
- As a bed for roasting swordfish or halibut fillets (both fronds and stalks)

spinach salad with roasted sweet potatoes and hot cider-bacon vinaigrette

Roasted sweet potatoes brighten a warm spinach salad. Dice the potatoes small to ensure they'll roast quickly and evenly. If you can find it, use applewood-smoked slab bacon; it really makes a difference. **Serves 4**

2 large sweet potatoes, peeled and cut into ½-inch cubes (about 4 cups)

2 Tbs. vegetable oil

1 tsp. chopped fresh rosemary leaves

1 tsp. chopped fresh thyme

¼ tsp. kosher salt

¼ tsp. freshly ground black pepper

Cider-Bacon Vinaigrette (recipe below)

10 oz. spinach, washed, stemmed, and dried

To roast the sweet potatoes, heat the oven to 400°F. Coat the sweet potato cubes with the oil, rosemary, thyme, salt, and pepper. Put the potatoes in a 9x13-inch pan, cover with foil, and roast for 10 minutes. Remove the foil, shake the pan, and continue roasting until the potatoes are tender, about another 10 minutes. When roasted, keep warm. (As the potatoes roast, prepare the vinaigrette.)

To assemble the salad, tear the spinach leaves into bite-size pieces and put in a salad bowl. Pour the warm vinaigrette over the spinach and toss to coat. Add the sweet potatoes and toss gently. Portion the salad on individual plates and top with the crisp bacon from the vinaigrette recipe and a grinding of black pepper. Serve at once.



cider-bacon vinaigrette

Yields ¾ cup

2 cups apple cider

½ lb. bacon, diced

Vegetable oil, as needed

2 Tbs. cider vinegar

¼ tsp. freshly ground black pepper

In a heavy-based pan over high heat, bring the cider to a boil. When the cider has reduced by half (about 10 minutes), turn the heat to medium. When the cider has reduced by half again, turn the heat to low and begin to watch the cider closely; it can scorch easily at this point. When the reduction looks “gurgly,” pour it into a glass measuring

cup; you should have ¼ cup. Set aside.

Sauté the diced bacon over medium-high heat until it's crisp and the fat is rendered, about 15 minutes. Remove the bacon with a slotted spoon to drain on paper towels. (Reserve the sauté pan for rewarming the vinaigrette.) Pour the bacon fat into a measuring cup and add enough

vegetable oil to bring the level to ½ cup.

Combine the reduced cider syrup, the cider vinegar, and pepper in a small bowl. Whisk in the warm bacon fat and oil, a few drops at a time. Set aside. When ready to serve, bring the vinaigrette to a simmer in the bacon pan.





winter squash slaw

Grated butternut squash gives this slaw sweetness, color, and crunch. With cabbage, apples, and dried cranberries, the traditional summer slaw is updated with the flavors of winter. If you like a creamy slaw, add 1 cup sour cream or crème fraîche. Serves 4 to 6

- 2 tart red apples, cored and grated with skins (about 1 cup)**
- 1/2 cup dried cranberries**
- 3 Tbs. passion fruit vinegar (or 3 Tbs. cider vinegar plus 2 Tbs. honey)**
- 1/2 small butternut squash, peeled, halved, seeded, and grated (about 3 cups)**
- Kosher salt**
- 1 cup shredded green cabbage**
- Freshly ground black pepper**

In a small bowl, toss the apples and dried cranberries with the vinegar. Set aside.

Spread the grated squash on a flat pan and sprinkle with 1/2 tsp. salt. (This draws out a bitter substance in the squash.) After 5 minutes, pat the squash dry and transfer it to a large bowl. Add the shredded cabbage.

Add the apple-cranberry mixture to the squash and cabbage. Mix thoroughly. Season with salt and pepper.





curly endive with walnuts, pears, and goat cheese

This salad is simple but beautiful enough to serve as the starter to a formal dinner. **Serves 4**

- ¾ cup walnut halves**
- 1 Tbs. walnut oil**
- Pinch salt**
- 4 slices French bread, sliced on the diagonal ¼ to ½ inch thick**
- 1 large clove garlic, peeled and halved**
- 4 oz. fresh goat cheese**
- Leaves from 2 heads curly endive (about 4 cups), washed, dried, and chilled**
- Walnut Oil Vinaigrette (recipe at right)**
- 2 pears, cored and cut into 1-inch wedges**

Heat the oven to 300°F. Put the walnuts in a bowl and toss with ½ tsp. of the walnut oil and a pinch of salt. Toast the walnuts until barely golden, about 8 minutes. Remove and cool.

Raise the oven temperature to 400°F.

Set aside four attractive walnut halves for garnish. Chop the remaining walnuts very coarsely and set aside.

Rub the bread slices with the garlic. Brush the bread with a little walnut oil and toast in the oven until lightly golden, about 5 minutes. Remove from the oven.

Lower the oven temperature to 300°F. Portion the goat cheese on the croutons, mounding the cheese slightly. Return to the oven and heat until the goat cheese is warm, about 5 minutes.

Meanwhile, toss the endive with the vinaigrette. Divide among 4 plates and top each salad with pear slices and chopped walnuts. Remove the goat cheese croutons from the oven and top each with a walnut half. Serve immediately with the salad.



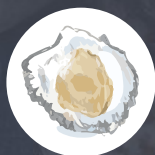
walnut oil vinaigrette

Yields about ¼ cup

- 1 tsp. finely minced shallot**
- 1 Tbs. white balsamic vinegar, champagne vinegar, or good-quality white-wine vinegar**
- ¼ cup walnut oil**
- Kosher salt and freshly ground black pepper**

Whisk the shallot and vinegar together in a small bowl. Whisk in the walnut oil, drop by drop. Season with salt and pepper to taste.





Oysters

These rich, flavorful shellfish make a meal special—give them a try in your next holiday menu.

DELICIOUS BOTH RAW AND COOKED, oysters are a cook's dream—they're widely available, quick to prepare, impressive, and endlessly versatile. The following recipes show off just a few of the tasty possibilities. Oysters are wonderful on the half-shell, with a drop of mignonette sauce; broiled with buttery breadcrumbs; in a refined pastry; comfortably fried; or stirred into luxurious risotto. As a bonus, they pair perfectly with champagne, a winning combination for any occasion.

oysters gratiné on the half-shell

The Parmigiano-Reggiano in this recipe provides rich, salty flavor without overwhelming the oysters. Stabilize the oysters on a bed of coarse salt, if you'd like. Serves 4 as an appetizer

- ¾ cup (2 oz.) fresh white bread-crumbs (from a rustic loaf)**
- 2 Tbs. finely chopped fresh flat-leaf parsley**
- 1 Tbs. finely grated Parmigiano-Reggiano**
- 1½ tsp. chopped fresh thyme**
- 1 tsp. lemon zest**

- Pinch cayenne**
- 3 Tbs. unsalted butter**
- ¼ cup finely chopped shallot**
- 12 to 18 medium oysters on the half-shell**

Position an oven rack 6 inches from the broiler element and heat the broiler on high.

In a medium bowl, mix the breadcrumbs, parsley, Parmigiano, thyme, lemon zest, and cayenne.

Melt the butter in a 10-inch skillet over medium-low heat. Add the shallot and cook until softened, about 6 minutes. Stir

the shallot and butter into the breadcrumb mixture. Arrange the oysters on a small rimmed baking sheet. Using a tablespoon, evenly distribute the breadcrumbs among the oysters. Broil the oysters until golden brown, 2 to 3 minutes.





how to shuck an oyster

- 1.** Hold the oyster cupped side down on a towel to protect your hand and catch any drips. Insert an oyster knife at the hinge of the shell and press, twisting slightly to pop open the shell. If the knife gets muck or shell bits on it, wipe it off before inserting it the rest of the way into the shell.
- 2.** Work the oyster knife along the seam and pry upward to open the shell.
- 3.** Run the knife under the oyster to loosen it from the bottom of the shell.



creamy oyster and shiitake stew

Silky and soothing, this souplike stew is sure to impress. **Serves 4**

- 1½ Tbs. olive oil**
- 8 oz. sliced shiitake mushrooms (4 cups)**
- 1 medium onion, finely chopped**
- Kosher salt and freshly ground black pepper**
- 1½ cups bottled clam juice**
- ¾ cup heavy cream**
- 1 lb. shucked oysters (liquor reserved)**
- 1½ tsp. chopped fresh thyme**

Heat the oil in a wide, heavy-duty 5- to 6-quart pot or a deep 12-inch skillet over high heat until shimmering hot. Add the mushrooms and onions and season with salt and pepper. Cook, stirring, until the mushrooms are wilted and the onions are softened, about 3 minutes. Stir in the clam juice and cream and bring to a boil.

Add the oysters and their liquor and simmer, adjusting the heat as necessary, until the oysters plump and their edges curl, about 3 minutes. Season to taste with salt and pepper.

Serve the stew sprinkled with thyme.



oyster patties

"Patties" is something of a misnomer for this old-fashioned New Orleans dish, which is made by filling puff pastry shells with oysters and an herb-flecked bacon-cream sauce. The classic recipe contains fresh thyme, but fresh sage goes beautifully with the bacon in the sauce. Louisiana oysters are ideal for this dish, but if you are near coastal waters with fresh native oysters, by all means use them.

Serves 12 as an appetizer

- 12 ready-to-bake round puff pastry shells (about 3-inch diameter)**
- 12 oz. bacon (not applewood-smoked), cut into ½- by ¼-inch rectangles**
Melted unsalted butter (if necessary)
- 1 quart medium raw oysters in liquor**
- 2 cups finely chopped yellow onions**
- ¼ cup minced garlic**
- 6 Tbs. all-purpose flour**
- 2 cups heavy cream**
- ¼ cup minced fresh flat-leaf parsley**
- 3 Tbs. finely chopped fresh sage**
- ½ tsp. ground cayenne**
Freshly ground black pepper
Kosher salt
- 2 Tbs. very thinly sliced scallion (green parts only), for garnish**

Bake the puff pastry shells according to package directions until golden brown and puffed. Use the tip of a small knife to lift off the lids; discard them or save for another use. If the interior of the shells is still a little raw, lightly scrape out the uncooked pastry using the tines of a fork. Set the shells aside.

In a heavy-duty 12-inch skillet, cook the bacon over medium heat, stirring often, until crisp, about 10 minutes; drain on paper towels. Transfer the bacon fat from the skillet to a heatproof measuring cup; if you don't have ½ cup of fat, make up the balance with melted butter. Reserve the skillet.

Strain the oysters through a fine-mesh sieve set over a medium bowl to catch the oyster liquor. Measure 2 cups of the liquor; if you don't have 2 cups, make up the balance with cold water. Set aside.

In the reserved skillet, heat the ½ cup bacon fat over medium-high heat until hot, about 1 minute. Add the onions and garlic, and cook, stirring often, until the onions are soft and barely browned, about 3 minutes. Add the flour, whisking to blend thoroughly. Continue cooking, whisking constantly, until the flour is



a very light brown, about 1½ minutes. Whisk in the oyster liquor and cream. Bring to a boil over high heat, whisking constantly and scraping the bottom and sides of the skillet as you go, about 1½ minutes.

Add the drained oysters, bacon, parsley, sage, cayenne, and ½ tsp. black pepper. Turn the heat down to low and cook, stirring, just until the edges of the oysters curl, about 2 minutes; do not overcook. Remove from the heat and season to taste with salt.

To serve, divide the puff pastry shells among 12 warm small, wide bowls (or put them on a warm large platter). Fill the shells with the oyster mixture, then spoon the remaining oyster mixture around the shells. Garnish each with a pinch of scallion.



An oyster's flavor comes from the water

Like "terroir" is to wine, "merroir" is to oysters (in French, *terre* is earth and *mer* is ocean). Since oysters are filter feeders, they absorb the flavors of the water in which they live. An oyster grown in pure ocean water will be saltier than one grown in brackish water. An oyster from the mouth of a river will have a mineral flavor, while one grown on a bed of seaweed will have a vegetal seaweed flavor.

fried oysters with chipotle-lime remoulade

Dredging the oysters in spiced cornflour gives them a delicate yet flavorful crunch that complements their natural texture. Leftover chipotle purée will keep for up to 1 month in the refrigerator. Serves 4 as an appetizer

FOR THE REMOULADE

- ¼ cup finely chopped sweet onion, such as Vidalia
- Finely grated zest and juice from 1 medium lime
- 1 7-oz. can chipotle peppers in adobo sauce
- ½ cup mayonnaise
- 1 Tbs. finely chopped scallions, green parts only
- 1 small clove garlic, pressed or mashed to a paste

FOR THE OYSTERS

- 2½ cups canola oil
- 1 cup cornflour
- 2 tsp. Old Bay seasoning
- Kosher salt

- 3 dozen medium oysters, shucked and drained

MAKE THE REMOULADE

In a small bowl, mix the onions and lime zest and juice, and let marinate for 10 minutes. Purée the chipotle peppers and adobo sauce in a blender or small food processor. Mix 2 Tbs. chipotle purée (more to taste) and the mayonnaise, scallions, and garlic into the onions and refrigerate until ready to use. This can be made up to 1 day ahead.

FRY THE OYSTERS

Attach a deep-fry thermometer to a 4-quart heavy-duty saucepan. Add the oil (it should measure about ¾ inch deep) and heat over medium-high heat to 370°F.

Meanwhile, stir together the cornflour, Old Bay, and 1 tsp. salt in a pie plate. Dredge 12 of the oysters in the cornflour. Fry the oysters, turning once with a slotted spoon, until golden and crisp, about 2 minutes. The oil temperature will drop when you add the oysters, so raise the heat to high as they cook. (Don't worry if it doesn't go all the way back up to 370°F while they're cooking.) Transfer the oysters to a paper towel-lined plate. Reheat the oil to 370°F, and repeat with the remaining oysters. Serve with the remoulade on the side.



oysters on the half-shell with verjus mignonette sauce

A light, peppery verjus sauce brightens oysters. When handling the oysters, be careful not to spill their delicious juices. Serves 2 as an appetizer

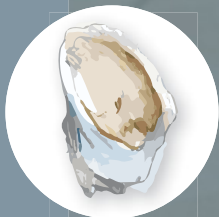
- ½ tsp. grapeseed or canola oil**
- 1 Tbs. whole black peppercorns, preferably Tellicherry**
- ½ cup verjus (see Test Kitchen, p. 108)**
- 2 tsp. finely minced fresh shallot**
- ⅛ tsp. salt, preferably sea salt**
- 6 to 8 fresh oysters, scrubbed well**
- 1 Tbs. thinly sliced fresh chives**

In a small, heavy-based skillet, heat the oil until very hot. Add the peppercorns, reduce the heat to medium low, and toast the peppercorns, swirling frequently, until aromatic, about 5 minutes. Pour the hot peppercorns onto a cutting board to cool. Using a blunt object (such as the

bottom of a clean skillet or a meat mallet), crush the peppercorns coarsely but evenly. Put the crushed pepper in a nonreactive bowl, and add the verjus, shallot, and salt. Stir well, then allow to steep for at least 30 minutes at room temperature or in the refrigerator; the sauce will darken over time.

Shuck the oysters and leave them in their cupped shell halves with their liquor. Arrange the oysters on a serving plate, stabilizing them with chipped ice or salt, if you like. Return the oysters to the refrigerator until you're ready to serve.

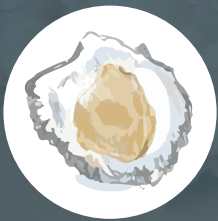
Pour a little verjus sauce on the oysters and garnish with the snipped chives.



Flavor matches

Oysters are traditionally paired with lemon, pepper, bacon, shallots, vinegar, parsley, chives, bread-crumbs, dry white wine, champagne, and vodka. For a more unusual match, try green apple, ginger, lavender, lime, orange, mint, cilantro, gazpacho, ponzu sauce, passion fruit, fennel, yuzu, sake, gin, tequila, or the verjus above.





Oysters “r” good all year

There’s an old wives’ tale that oysters shouldn’t be eaten in the hot summer months (any month that doesn’t have the letter “r” in its name). Not true! Decades ago, when refrigeration was still primitive, the concern was probably valid. But with modern refrigeration, cooked oysters are perfectly safe in summer and, most would argue, raw oysters are, too, as long as they’ve been properly refrigerated.

oyster risotto with fennel and saffron

The mix of fennel, star anise, and Pernod gives the risotto a complex fennel flavor that goes nicely with the oysters and saffron. **Serves 6 to 8 as a first course or side dish; makes 6 cups**

- 1 small bulb fennel with tops, bulb cut into ¼-inch dice, tops and trimmings reserved
- 4 sprigs fresh thyme
- 2 star anise
- 1 Tbs. Pernod
- ½ tsp. black peppercorns, plus freshly ground pepper
- 2 dozen medium-large oysters, shucked, liquid reserved, half roughly chopped, half left whole
- Kosher salt
- ⅛ tsp. saffron
- 6 Tbs. unsalted butter
- 1 small onion, cut into ¼-inch dice (about 1 cup)
- 2 large cloves garlic, finely chopped
- 2 cups Arborio rice
- ½ cup dry white wine, such as Pinot Grigio
- 2 Tbs. chopped fresh flat-leaf parsley
- 2 tsp. lemon zest

Cut the fennel trimmings and tops into chunks and put in a 4-quart saucepan. Add the thyme, star anise, Pernod, peppercorns, and 6 cups water. Bring to a simmer and cook until the fennel has softened and flavors have infused into the broth, about 30 minutes. Add the liquid from the oysters and strain through a fine-mesh strainer into a large measuring cup. You should have 6 cups broth. If you have less, add enough water to make 6 cups. Clean the saucepan, and return the broth to it. Add 2 tsp. salt and the saffron.

In a 5- to 6-quart Dutch oven or other heavy-duty pot, melt 4 Tbs. of the butter over low heat. Add the diced fennel, onion, and garlic. Cover and cook, stirring occasionally, until soft, about 10 minutes.

Reheat the fennel broth in the saucepan over low heat. Add the rice to the vegetables in the Dutch oven, and cook over medium-low heat, stirring frequently with a wooden spoon until the rice turns translucent with

a white dot in the middle, about 5 minutes. Add the wine and cook over medium heat, stirring frequently, until the wine is completely absorbed, about 1 minute. Add 2 cups of the fennel broth and cook, stirring continuously, until most of the broth is absorbed, about 5 minutes. Continue adding the broth, 1 cup at a time, stirring continuously, until the broth is absorbed, 15 to 20 minutes more. The cooked rice should still have some texture and should not be mushy. If the rice is not cooked through and the broth runs out, add water ½ cup at a time and continue to cook, stirring continuously, until the rice achieves desired doneness. Remove from the heat and stir in the oysters, the remaining 2 Tbs. butter, parsley, and lemon zest. Divide among 4 shallow bowls and serve immediately with freshly ground black pepper, if desired.





Warming STEWS

With one easy method and your choice of ingredients, you can have this cold-weather favorite any way you like.

STEW IS A PERFECT ONE-DISH MEAL to make throughout the winter. It's easy and inexpensive to make, there's lots of it, leftovers taste even better, and the variations are infinite. Using one basic method, you can swap the meat, the vegetables, and the flavorings to create a stew that's just what you're in the mood for (or capitalizes on what you have on hand). One week, your stew might be classically French: beef, red wine, onions, and mushrooms; the next, it can take on the flavors of Mexico, featuring slow-braised pork and chiles. Or maybe you'll make something along the lines of a Moroccan lamb tagine, with tomato, spices, and preserved lemons. In truth, stew is one of those dishes best made without a recipe. Once you understand the basic technique here, you can improvise based on what flavors you're after or what ingredients are available. Read on to learn how.

Stew Dos and Don'ts

Keep these tips in mind for great results.

DO:

- Start with a large piece of meat and cut it up yourself (see p. 56 to learn why).
- Choose a heavy-duty pot. A good pot will help the meat brown evenly.
- Dry the meat before browning, and brown it in batches without crowding.
- Make the stew a day or two ahead; it will taste better and be easier to degrease, too.

DON'T:

- Let stew boil—heat that's too high can toughen the meat.
- Skimp on the vegetables. A good stew is a meal in a bowl and should include plenty of vegetables.
- Thicken the stew with flour, which can make it greasy and heavy. As the cooking liquid reduces, it will thicken a little on its own.



Moroccan Lamb Stew

Meat: lamb. **Flavor accents:** garlic, tomato paste, cayenne, caraway. **Liquids:** white wine, beef broth.

Vegetables: winter squash, onions. **Finishes:** chickpeas, preserved lemon, green olives, parsley.



winter stew, your way

Making stew is a perfect weekend activity. Most of the work is done up front, then all you need to do is enjoy the lovely aromas that fill your kitchen as the stew simmers. If you'd like some inspiration to get started, check out the delicious ideas on pp. 60–61. **Serves 5 to 6**

STEP 1

BROWN THE MEAT

Browning improves the appearance and deepens the flavor of a stew. A pot with a light-color interior, such as enamel or stainless steel, makes it easy to monitor the color of the drippings on the bottom so you can adjust the heat as needed to keep them from burning. You can brown the meat in oil, but for more savory flavor, you can include bacon in the stew and use the fat from cooking it to brown the meat.

- 3 lb. boneless meat of your choice, trimmed of excess fat and cut into 1½- to 2-inch pieces**
- 2 oz. thick-cut bacon or pancetta, cut into ½-inch pieces (optional)**
- 1 to 3 Tbs. grapeseed oil or vegetable oil**
Kosher salt and freshly ground black pepper

Position a rack in the bottom third of the oven and heat the oven to 325°F.

Spread the meat on paper towels to dry for 10 to 20 minutes before browning. (You can use this time to prepare the aromatics; see the facing page.) If the meat is very wet, pat it dry.

In a 6-quart Dutch oven or other heavy-duty pot, cook the bacon or pancetta, if using, in 1 Tbs. of the oil over medium heat, stirring occasionally, until browned but not crisp, 6 to

8 minutes. Using a slotted spoon, transfer to a paper towel-lined plate and set aside. Do not wipe out the pan.

If you haven't used bacon or pancetta, heat 3 Tbs. oil over medium to medium-high heat until shimmering hot. Otherwise, use the bacon fat. Season about one-third of the meat with salt and pepper and arrange it in a single layer in the pot (there should be at least ½ inch of space between the pieces). Brown well on at least 4 sides, adjusting the heat as necessary; each batch should take about 10 minutes to brown. Transfer the meat to a large bowl or rimmed baking sheet as it browns and repeat with the rest of the meat, seasoning with salt and pepper before browning. Once all of the meat is browned, remove the pot from the heat to let it cool for a few minutes.

Meat

Choose one (3 lb.)



Beef
(shoulder roast, chuck roast, or top blade)



Pork
(shoulder)



Lamb
(shoulder or leg)



Veal
(shoulder or leg)

Cut the meat yourself

Though precut packaged stew meat is sold at the supermarket, it's better to buy a larger cut of meat and cut it yourself. This way, you get the type of meat you want cut into chunks that are large enough to make a proper stew, one that requires a knife and fork to eat. If there is a lot of fat on the meat, buy slightly more than the 3 lb. called for to account for the extra trim. You can buy bone-in meat, if you like; just take into account the weight of the bone and, again, buy more than the recipe calls for.



To get a good sear on the meat, leave the pieces undisturbed for a few minutes before turning them. It's important not to crowd the pot or the meat will steam rather than brown.

STEP 2

COOK THE AROMATICS

A mix of chopped vegetables adds a base layer of aromatic flavor. From there, you can take the stew in whatever direction you like with flavor accents, adding garlic, rosemary, and tomato paste for an Italian take, for example, or minced fresh ginger and lemongrass to create a Thai-inspired stew.

Grapeseed or vegetable oil, as needed

- 1 medium yellow onion, coarsely chopped (about 1 cup)
- 2 medium celery stalks, coarsely chopped (about ½ cup)
- 1 medium carrot, coarsely chopped (about ¼ cup)

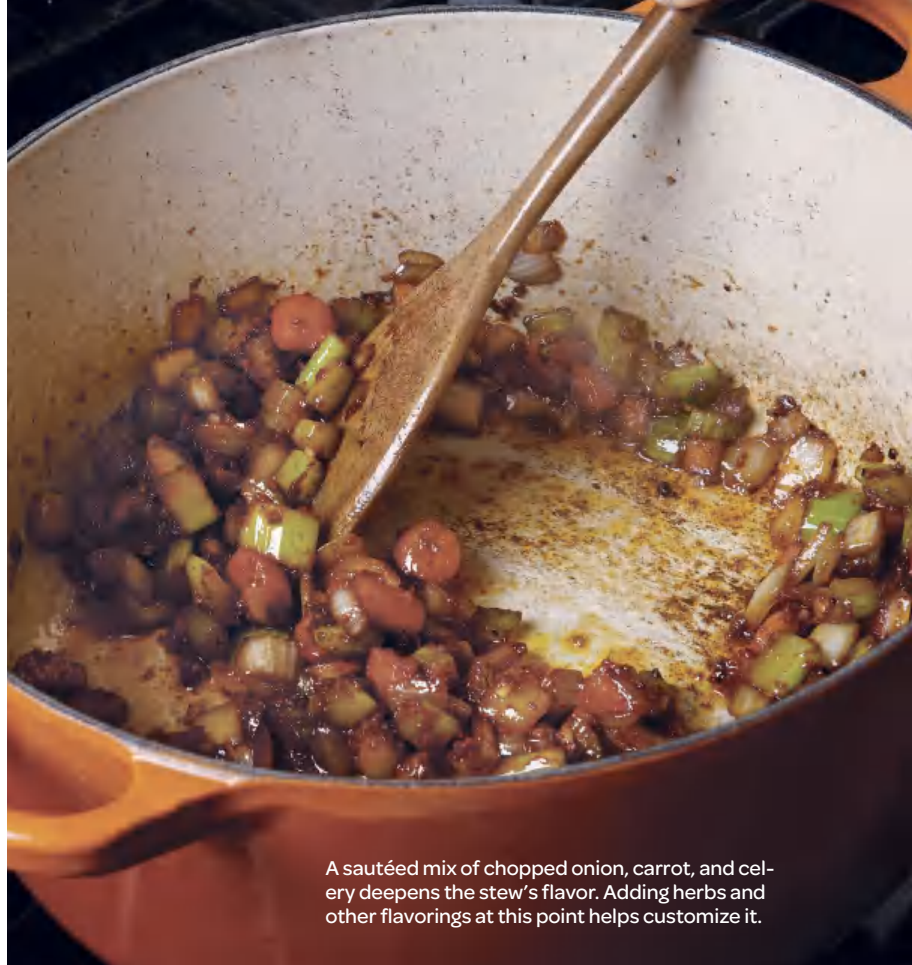
Kosher salt and freshly ground black pepper

Flavor accents of your choice

Pour off all but 2 Tbs. of the fat from the pot. (If there is not enough, add oil to equal 2 Tbs.) Return the pot to medium heat, then add the onion, celery, and carrot. Season with a pinch of salt and pepper, and cook, stirring often and scraping the bottom of the pot with a wooden spatula, until the vegetables begin to soften, 5 to 6 minutes.

Stir in the flavor accents and cook, stirring occasionally, until fragrant, 1 to 2 minutes.

If using bacon or pancetta, return it to the pot.



A sautéed mix of chopped onion, carrot, and celery deepens the stew's flavor. Adding herbs and other flavorings at this point helps customize it.

Flavor Accents

Choose at least two and up to five



1 to 4 medium cloves, minced



Jalapeño or serrano chile
1 to 2, minced, seeds included



Chipotles in adobo
minced, 1 to 2 Tbs.



Lemongrass
minced, 1 to 2 Tbs.



Lemongrass
minced, 1 to 2 Tbs.



Dried bay leaves
1 or 2

Small dried chilies
1 or 2



Orange or lemon zest
1 or 2 strips, about 1 inch wide



Cinnamon
one 3-inch stick



(oregano, rosemary, marjoram, sage, thyme, or a mix), minced, 1 Tbs.



Dried herbs
(thyme, rosemary, or oregano), ½ to 1 tsp.



Strong spices
(crushed red pepper flakes, cayenne, or dry mustard), ¼ to ½ tsp.



Mild spices
(ground cumin, paprika, coriander, fennel seed, caraway, or turmeric), 1 tsp.



2 oz., soaked in 2½ cups warm water until soft, then chopped, soaking liquid reserved

STEP 3

ADD THE LIQUIDS

The deglazing liquid dissolves the flavorful browned bits on the bottom of the pot. It's nice to use wine or beer, most of which gets cooked off, because alcohol carries flavors well. However, water will work, too. For the stewing liquid, use beef broth for beef and lamb and chicken broth for pork and veal, but include some water, too, because using all broth can overpower other flavors.

- 1 cup **deglazing liquid** of your choice
- 2½ cups **stewing liquid** of your choice
- 1½ cups **water** (omit if using canned tomatoes in step 5)

Add the deglazing liquid, stirring with the wooden spatula to dissolve any browned bits on the bottom of the pot. Raise the heat to medium high and boil to reduce by about half, 5 to 8 minutes.

Add the stewing liquid and, unless you plan to add canned tomatoes in step 5, also add 1½ cups water (even if you used water for your deglazing liquid). Bring to a boil.

Deglazing Liquid

Choose one (1 cup)



Red wine
(dry)



Vermouth
(sweet or dry)



Beer
(any kind)



Hard cider



White wine
(dry)



Water

Stewing Liquid

Choose one (2½ cups)



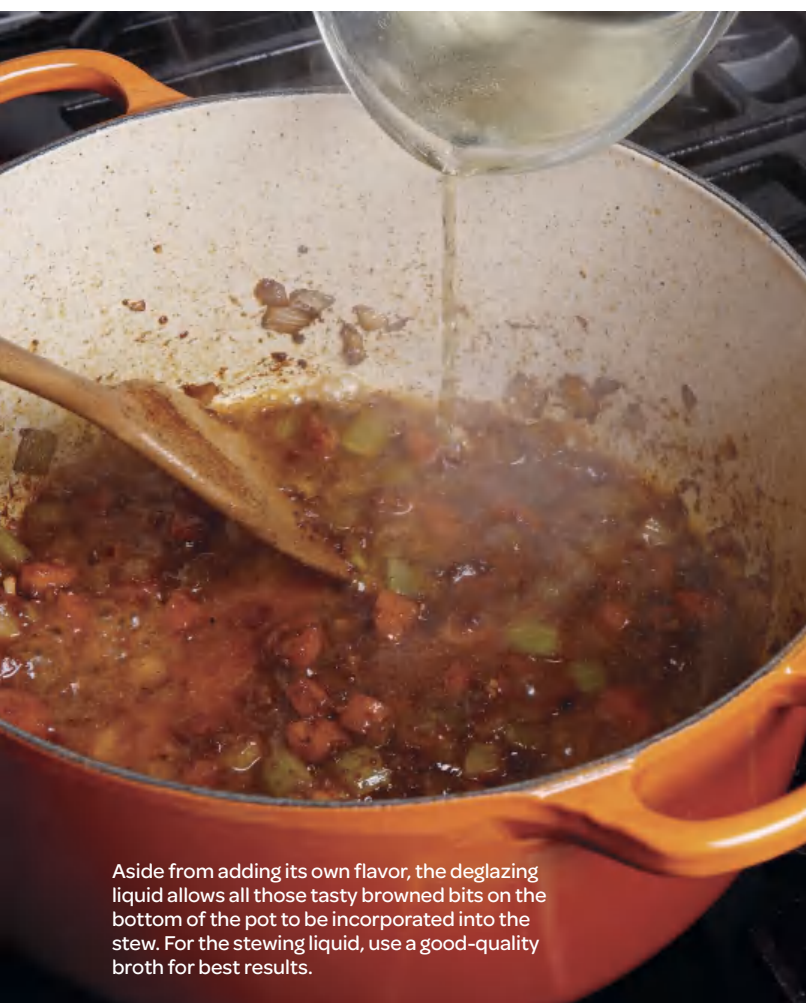
Chicken broth
(homemade or lower-salt store-bought)



Beef broth
(homemade or lower-salt store-bought)



Mushroom soaking liquid
(if using dried mushrooms in step 2)



Aside from adding its own flavor, the deglazing liquid allows all those tasty browned bits on the bottom of the pot to be incorporated into the stew. For the stewing liquid, use a good-quality broth for best results.

STEP 4

BEGIN STEWING THE MEAT

Start the meat before adding the vegetables (step 5) to keep the vegetables from overcooking. Cooking the stew in the oven heats it evenly, and placing a piece of parchment over the stew before securing the lid reduces moisture loss.

Return the meat to the pot along with any accumulated juice. Lower the heat to maintain a simmer.

Crumple a 12x16-inch piece of parchment, then flatten it out. (Crumpling makes for easy handling.) Place the parchment directly on the surface of the stew, allowing the ends to come up the sides of the pot.

Cover and cook in the oven until it's time to add the vegetables (step 5).

STEP 5

ADD THE VEGETABLES

Add the vegetables in stages according to their cooking times so that when the meat is done, the vegetables are tender but not overcooked. (Add cooked beans, which are prone to falling apart, at the end of cooking in step 6.) You don't have to use an equal amount of each vegetable, but they should total 4 to 6 cups.

For pork and veal, add **slower-cooking** choices after 30 minutes of stewing and **quicker-cooking** choices after 1 hour of stewing.

For beef and lamb, add **slower-cooking** choices after 1 hour of stewing and **quicker-cooking** choices after 1½ hours of stewing.

Cover with the parchment and lid and cook until the meat is fork-tender. Times will vary; expect shoulder cuts to take longer than leg cuts.

Approximate total stewing times are: beef, 2 to 3 hours; lamb, 2¼ to 2¾ hours; pork or veal, 1½ to 2 hours.



A good meat stew includes lots of vegetables. Dried fruits, which become silken and add sweetness, are a welcome addition, too.

Vegetables and Dried Fruits (Choose at least two and up to four, for 4 to 6 cups total)

SLOWER COOKING



or prunes
cut into bite-size pieces
(up to 1 cup)



Parsnips
cored, and cut into
1-inch pieces



Fennel bulbs
1-inch pieces



Onions
(or whole peeled pearl
onions)



Red or white potatoes
halved if small, or peeled
and cut into 1-inch
pieces



Leeks
halved lengthwise and
cut into 1-inch pieces



Celery root
cut into 1-inch pieces



Carrots
cut into ¾-inch pieces



Carrots



Shallots
left whole if small, halved
or quartered if large

QUICKER COOKING



Winter squash
cut into 1-inch pieces



Turnips
cut into 1-inch pieces
(up to 2 cups)



Canned tomatoes
one 28-oz. can,
drained and chopped
(discard juice)



**White or cremini
mushrooms**
trimmed and
halved if large



Peppers
(sweet or medium hot, raw or
roasted, peeled if roasted),
cut into 1-inch pieces

STEP 6

FINISH THE STEW

Add these bright ingredients when the meat is fully tender, then season with salt and pepper. You can serve the stew right away, but it's even tastier the next day.

Stir in the **finishes** (if using beans, return to the oven for 5 minutes before adding other finishes or serving). Degrease the stew if you like (see Test Kitchen, p. 109), and season to taste with salt and pepper. Serve or let cool to room temperature, cover, and refrigerate for up to 2 days.

Finishes

Choose up to four



Fresh tender herbs
(parsley, cilantro, chives, or basil), chopped, ¼ cup



Cooked beans
one 15- to 19-oz. can, drained and rinsed



Prepared horseradish
drained, 2 Tbs.



Dijon or coarse-grained mustard
1 to 2 Tbs.



Vinegar
(sherry, balsamic, red or white wine), 2 Tbs.



Fresh lemon or lime juice
1 to 2 Tbs.



Olives
(black or green), halved and pitted, ½ cup



Preserved lemon
chopped, ¼ cup



Soy sauce
1 to 2 Tbs.



Fish sauce
1 to 2 Tbs.

Favorite Combinations They may look similar, but each of these stews



Lamb and Prune Stew

Meat: lamb. **Flavor accents:** ginger, cumin, turmeric, cinnamon.

Liquids: hard cider, beef broth. **Vegetables and dried fruits:**

pearl onions, carrots, prunes. **Finishes:** lemon juice, parsley.



Asian Pork Stew

Meat: pork. **Flavor accents:** garlic, ginger, lemongrass, coriander,

dried Thai bird chile. **Liquids:** water, chicken broth. **Vegetables:**

onions, winter squash, red bell peppers. **Finishes:** cilantro, lime juice, fish sauce.



has a distinct personality; enjoy them as written or riff off the combinations to make them your own.



Spicy Pork Stew with Peppers and Potatoes

Meat: pork. **Flavor accents:** garlic, chipotles in adobo, cumin, oregano. **Liquids:** beer, chicken broth. **Vegetables:** potatoes, shallots, roasted red peppers. **Finish:** cilantro.



Italian-Style Beef and Porcini Stew

Meats: beef (and pancetta). **Flavor accents:** garlic, tomato paste, dried porcini, rosemary, bay leaves. **Liquids:** red wine, mushroom liquid. **Vegetables:** pearl onions, canned tomatoes. **Finish:** basil.



Veal Stew with Bacon and Winter Vegetables

Meats: veal (and bacon). **Flavor accents:** garlic, thyme, marjoram, orange zest, bay leaf. **Liquids:** sweet vermouth, chicken broth. **Vegetables:** celery root, carrot. **Finish:** mustard.



Beef Stew with Root Vegetables and Horseradish

Meats: beef (and bacon). **Flavor accents:** garlic, sage. **Liquids:** red wine, beef broth. **Vegetables:** parsnips, carrots, potatoes. **Finishes:** parsley, prepared horseradish.





Steam

Closely packed vegetables plus heat plus a lid creates steam, which helps cook the vegetables through without drying them out.



Slow-Sautéed WINTER Vegetables

Create intense flavors with this simple hands-off technique.

ONE OF THE MOST DIFFICULT PARTS of having friends over for a meal is getting everyone to sit down at the table when dinner is ready. A close second: Making sure every dish is ready to serve at the same time. That's why slow-sautéing vegetables is such a great technique. Instead of cooking over high heat with near-constant motion as in a typical sauté, slow-sautéed vegetables cook slower over lower heat, resulting in deep, intense flavors with only occasional stirring, which means you can tend to other aspects of the meal while the vegetables cook.

A slow-sauté is the perfect technique for dense winter vegetables, such as carrots, parsnips, Brussels sprouts, and squash, all of which need moisture to cook through



Brown

When the lid comes off, the liquid evaporates, which promotes browning. Aromatics (like the leeks here) may be added at this stage.



Finish

Bright ingredients like citrus juice, ginger, and fresh herbs added at the end of cooking punch up the flavor of the sauté.

but also benefit from deep browning. In a three-step process that takes about 25 minutes start to finish, the vegetables are snuggled in a partially covered skillet and cooked without much stirring over medium-high heat. The tight quarters and partial covering steams the vegetables as they cook, so they become tender without drying out. During the second half of cooking, the lid is removed, the heat is lowered, and it's all about letting the vegetables get nicely caramelized as the moisture cooks off. Then a final addition of a bright flavoring like citrus juice or vinegar enhances the caramelized vegetables.

Aromatics, herbs, and butter boost flavor. With this style of sautéing, there are

a couple of opportunities to add flavor. During the longish cooking, aromatics like onions, leeks, garlic, or shallots soften and contribute their sweet and savory flavor, while hardy herbs like thyme and rosemary infuse the dish and make it wonderfully fragrant. Once the vegetables are cooked through, you'll add a bit of butter for richness along with the aforementioned bright flavorings.

These delicious sautés pair well with company-worthy favorites like beef tenderloin and ham, yet they come together quickly enough to make a great weeknight side dish as well. Served alongside chicken cutlets, pork chops, or steak, they'll enliven the plate with color, flavor, and texture.

the perfect pan

A slope-sided 12-inch nonstick skillet works best for these recipes and fits enough veggies to serve four to six. A well-seasoned cast-iron skillet is a good alternative, but you might want to add a bit more olive oil. You'll need a lid, so if your skillet didn't come with one, improvise with a lid from another pot or cover the pan with foil or a baking sheet.





carrots and parsnips with bacon and thyme

Bacon adds its smoky goodness to this versatile side dish. Cut the parsnips just a tad bigger than the carrots because they soften more quickly. Serves 4 to 6

- 1 Tbs. fresh orange juice
- 2 tsp. red-wine vinegar
- 2 tsp. honey
- 2 Tbs. extra-virgin olive oil
- $\frac{3}{4}$ lb. carrots (about 4 medium), peeled and cut into pieces 2 to 2½ inches long and ½ inch wide
- $\frac{3}{4}$ lb. parsnips (about 4 medium), peeled, halved lengthwise, woody cores discarded, and cut into pieces 2½ to 3 inches long and ½ inch wide
- 2 large shallots, root ends trimmed, peeled, and cut into ¾-inch-wide wedges
- 5 sprigs fresh thyme plus ½ tsp. fresh thyme leaves
- 2 slices bacon, cut crosswise into 1-inch pieces
- Kosher salt

Combine the orange juice, vinegar, and honey in a small bowl. Set aside.

In a 12-inch nonstick skillet, heat the oil over medium heat. Add the carrots, parsnips, shallots, thyme sprigs, bacon, and 1 tsp. salt; toss well to coat.

Cover the pan with the lid ajar by about 1 inch. Cook, stirring occasionally, until the shallots are limp and lightly browned and most of the carrots and parsnips have a little bit of brown on them, 8 to 12 minutes. As the mixture cooks, you should hear a gentle sizzle.

Uncover, turn the heat down to low, and cook, stirring occasionally and then gently pushing the vegetables back into a single layer so that most have direct contact with the pan, until the vegetables are tender and nicely browned, 12 to 16 minutes.

Remove the pan from the heat and discard the thyme sprigs. Stir in the orange-honey mixture and the thyme leaves, and season to taste with salt. Serve right away or let sit off the heat, partially covered, until ready to serve, and then reheat gently over medium-low heat.





broccoflower and cremini mushrooms with garlic and rosemary

The lime-green color and sweet, nutty flavor of broccoflower (aka green cauliflower) is fantastic, but you can also use white cauliflower in this earthy and fragrant side dish. For the best browning, cut the florets so that they have a flat side. Serves 4 to 6

- 1 Tbs. sherry vinegar**
- 1 Tbs. pure maple syrup**
- 1 tsp. fresh lemon juice; more to taste**
- ¼ cup extra-virgin olive oil**
- 1 medium broccoflower (or cauliflower), cut into 1- to 2-inch florets (about 5 cups)**
- 10 oz. cremini mushrooms, trimmed and halved if small, quartered if large (about 3 cups)**
- 10 large cloves garlic, peeled and halved lengthwise**
- 3 4-inch rosemary sprigs**
- Kosher salt**
- 1 Tbs. unsalted butter**

Combine the vinegar, maple syrup, and lemon juice in a small bowl. Set aside.

In a 12-inch nonstick skillet, heat the oil over medium heat. Add the broccoflower, mushrooms, garlic, rosemary, and 1 tsp. salt; toss well to coat.

Cover the pan with the lid ajar by about 1 inch. Cook, stirring occasionally, until the florets start to brown, 8 to 10 minutes. As the mixture cooks, you should hear a gentle sizzle.

Uncover, turn the heat down to low, and cook, stirring occasionally and then pushing the vegetables back into a single layer so that most have direct contact with the pan, until the vegetables are tender and well browned, 8 to 10 minutes.

Remove the pan from the heat and immediately stir in the vinegar mixture and the butter. Stir gently until the butter has melted. Discard the rosemary sprigs and season to taste with more lemon juice and salt. Serve right away or let sit off the heat, partially covered, until ready to serve, and then reheat gently over medium-low heat.





brussels sprouts and leeks with lime-ginger butter

Lime and ginger brighten the deeply nutty character of well-browned Brussels sprouts and silky leeks. Serves 4 to 6

- 2 Tbs. unsalted butter**
- 1 Tbs. minced peeled fresh ginger**
- 1 medium lime, finely grated to yield 1 tsp. zest and squeezed to yield 1 Tbs. juice**
- 3 Tbs. extra-virgin olive oil**
- 1½ lb. Brussels sprouts, trimmed, and quartered lengthwise if large, halved if small**
Kosher salt
- 3 medium leeks, white and light-green parts only, cut into ½-inch-thick rounds, rings separated and washed well but not dried**

Melt the butter in a small skillet or saucepan over medium-low heat. Cook, swirling occasionally, until the milk solids turn light brown, about 5 minutes. Add the ginger and stir for a few seconds. Remove the pan from the heat, add the lime zest and juice, and swirl to combine.

Heat the oil in a 12-inch nonstick skillet over medium heat. Add the Brussels

sprouts and 1 tsp. salt; toss well to coat with oil.

Cover the pan with the lid ajar by about 1 inch. Turn the heat down to medium low, and cook, stirring occasionally, until the sprouts start to brown, 8 to 12 minutes. As the mixture cooks, you should hear a gentle sizzle.

Uncover, turn the heat down to low, add the leeks (with any water still clinging to them) and cook, stirring occasionally and then pushing the vegetables back into a single layer so that most have direct contact with the pan, until the leeks are limp and the sprouts are well browned, about 15 minutes.

Remove the pan from the heat. Pour the butter mixture over the sprouts and leeks and stir, scraping the bottom of the pan and tossing well to coat. Season to taste with salt. Serve right away or let sit off the heat, partially covered, until ready to serve, and then reheat gently over medium-low heat.



butternut squash with spinach, raisins, and pine nuts

Elegant yet comforting, this side dish has layers of flavor thanks to the earthy-sweet squash and raisins, the fresh spinach, and the rich salty-toasty top notes from the cheese and nuts.

Serves 4

- 2 Tbs. unsalted butter**
- 1 small lemon, finely grated to yield ½ tsp. zest and squeezed to yield 2 tsp. juice**
- 2 Tbs. extra-virgin olive oil**
- 1¾ lb. butternut squash, peeled and cut into ¾-inch dice (about 4 cups)**
- Kosher salt**
- 1 medium yellow onion, cut into ½-inch dice**
- ¼ cup raisins**
- 5 oz. mature spinach leaves, thick stems removed (about 5 packed cups)**
- 1 oz. coarsely grated Parmigiano-Reggiano (about ¼ cup)**
- 2 Tbs. toasted pine nuts**

Melt the butter in a small skillet or saucepan over medium-low heat. Cook, swirling occasionally, until the milk solids turn light brown, about 5 minutes. Remove from the heat, add the lemon zest and juice, and swirl to combine.

Heat the oil in a 12-inch nonstick skillet over medium heat. Add the squash and ½ tsp. salt; toss well to coat.

Cover the pan with the lid ajar by about 1 inch. Turn the heat down to medium low and cook, gently stirring occasionally, until the squash begins to brown, 5 to 6 minutes. As the mixture cooks, you should hear a gentle sizzle.

Turn the heat down to low, add the onions and raisins and cook, stirring occasionally and then gently pushing the vegetables back into a single layer so that most have direct contact with the pan, until the vegetables are tender and browned, 12 to 15 minutes more.

Add the spinach and lemon butter and toss gently until the spinach is wilted, about 1 minute. Remove the pan from the heat and stir in the cheese and pine nuts. Season to taste with salt. Serve right away or let sit off the heat, partially covered, until ready to serve, and then reheat gently over medium-low heat.



QUICK-BRAISED FISH

A one-pan meal that's fast enough for weeknights and fancy enough for company.

TO MANY OF US, the word “braising” conjures up thoughts of slow-cooked short ribs, pot roast, or chicken but probably not fish. The moist, slow heat of a braise is ideal for melting tough cuts of meat into tender morsels, so why bother using the technique with fish, which is naturally tender? Because by braising fish, you’ll get the benefits—melt-in-your-mouth texture and a full-flavored pan sauce—without the long cooking time. And the chunky vegetables in the braising liquid double as a vegetable side dish, so in the end, you have a saucy, hearty, one-pan meal.

Use a simple three-step method. First, make the sauce, which includes vegetables, aromatics, and a liquid like wine or clam juice. Next, nestle the fish into the sauce, piling some of the vegetables on top to keep the

fish moist. Then cover the pan and finish the dish in the oven. Once it’s done, remove the fish from the sauce. Though the sauce is perfectly delicious as is, in two of the recipes (the red snapper and the salmon), it’s nice to reduce it slightly to concentrate the flavors, especially when cooking for guests. This is also the perfect opportunity to add a few finishing touches, like vinegar or fresh herbs.

A few tools are helpful to have on hand when braising fish. It’s best to use an ovenproof skillet to make these dishes, but if you don’t have one, you can transfer the fish and sauce to a Pyrex dish for the oven braising (just note that cooking times may be slightly longer). Also, a fish spatula comes in handy when removing the fish from the pan.

three-step method for flavorful fish



First, make a delicious sauce with aromatics and vegetables.



Next, nestle the fish into the sauce, pile on some vegetables, and cook in the oven.



Finally, remove the fish and finish the sauce.



braised red snapper puttanesca

Black sea bass makes a good substitute for snapper in this recipe. If you buy a whole fish, see p. 111 for how to bone it. Serve with polenta or couscous. Serves 4

- 4 5-oz. skinless red snapper fillets (about $\frac{3}{4}$ inch thick)
- Kosher salt and freshly ground black pepper
- 3 Tbs. extra-virgin olive oil
- 3 medium cloves garlic, minced (about 1 Tbs.)
- 2 $14\frac{1}{2}$ -oz. cans petite-diced tomatoes
- 2 anchovy fillets, minced
- $\frac{1}{2}$ cup pitted Kalamata olives, halved lengthwise (about 3 oz.)
- 3 Tbs. coarsely chopped fresh basil leaves
- 1 Tbs. capers, rinsed
- $\frac{1}{4}$ tsp. crushed red pepper flakes
- 1 Tbs. coarsely chopped fresh mint
- 2 tsp. red-wine vinegar

Position a rack in the center of the oven and heat the oven to 325°F. Season the snapper all over with salt and pepper. Let sit at room temperature while you prepare the sauce.

Heat 2 Tbs. of the olive oil in a 12-inch ovenproof skillet over medium-low heat. Add the garlic and cook, stirring, until softened but not golden, about 1 minute. Add the tomatoes and their juice, anchovies, olives, 2 Tbs. of the basil, capers, and pepper flakes to the pan. Bring the sauce to a brisk simmer and cook, stirring occasionally, until the tomatoes are tender and the juices have reduced to a saucy consistency, about 8 minutes.

Nestle the snapper fillets into the sauce, spooning some on top to keep the fish moist. Drizzle with the remaining 1 Tbs. olive oil. Tightly cover the pan with a lid or aluminum foil and braise in the oven until the fish is almost cooked through, 10 to 15 minutes, depending on thickness (see the tip on p. 70).

With a slotted spatula, transfer the snapper to 4 shallow serving bowls. If the sauce seems too thin, simmer over medium-high heat until thickened to your liking. Stir the remaining 1 Tbs. basil and the mint and vinegar into the sauce and spoon it over the fish.



try it with other fish

Once you've mastered the quick-braising method with snapper, cod, and salmon, you can experiment with other fish, such as grouper, bar-ramundi, black sea bass, striped bass, or halibut. Remember that cooking times may vary, depending on the thickness and texture of the fish, so be sure to sneak a peek before removing it from the sauce.

checking for doneness

To check if your fish is done, use a paring knife to peek between two bits of flesh in the center of the fillet. The very middle should look ever-so-slightly translucent, which means it's almost cooked through. The fish will continue to cook as you finish your sauce, so it'll be perfectly done by the time you're ready to serve it.



salmon braised in pinot noir

Mashed potatoes or rice pilaf makes a nice accompaniment to this dish. Serves 4

- 4 5-oz. skinless salmon fillets (preferably 1 inch thick)**
Kosher salt and freshly ground black pepper
- 2 Tbs. unsalted butter**
- 6 oz. medium-small cremini or white mushrooms, quartered (about 18, 2½ to 3 cups)**
- 1 large celery stalk, cut into small dice (about ¾ cup)**
- 2 small carrots, cut into small dice (about ½ cup)**
- 1 small leek, white and light green parts only, cut into medium dice (⅓ to ½ cup)**
- 2 tsp. tomato paste**
- 1 cup Pinot Noir**
- 1 bay leaf**
- 1 large sprig fresh thyme, plus 1 tsp. chopped fresh thyme leaves**
- 1 cup homemade or low-salt chicken broth**

½ cup heavy cream

1 Tbs. chopped fresh flat-leaf parsley

Position a rack in the center of the oven and heat the oven to 325°F. Season the salmon all over with salt and pepper. Let sit at room temperature while you prepare the sauce.

Melt the butter in a 12-inch ovenproof skillet over medium-high heat. Add the mushrooms and celery and cook, stirring occasionally, until the mushrooms are browned on at least one side, 3 to 5 minutes. Add the carrots and leeks and cook, stirring occasionally, until just softened, about 4 minutes (reduce the heat to medium if the pan starts to get dark). Add the tomato paste and cook, stirring, for 1 minute. Add the Pinot Noir, bay leaf, and thyme sprig, scrape the bottom of the pan with a wooden spoon to

release any browned bits, and boil until the wine is reduced by about half, 2 to 4 minutes. Add the chicken broth and cream and bring to a brisk simmer.

Nestle the salmon fillets into the vegetables and pile some of the vegetables on top of the fillets to keep the fish moist. Tightly cover the pan with a lid or aluminum foil and braise in the oven until the fish is almost cooked through, 10 to 15 minutes, depending on thickness (see the tip above).

With a slotted spatula, transfer the salmon to 4 shallow serving bowls. Concentrate the sauce by placing the pan over medium-high heat and boiling until it's thickened to your liking. Discard the bay leaf and thyme sprig. Stir in the chopped thyme and parsley, season to taste with salt and pepper, spoon the sauce over the salmon, and serve.



braised cod with fennel, potatoes, and littlenecks

You could use halibut in place of the cod. Crusty garlic bread served alongside is perfect for soaking up the flavorful sauce. Serves 4

- 4 5-oz. cod fillets (preferably 1 inch thick)
Kosher salt and freshly ground black pepper
- 3 Tbs. extra-virgin olive oil
- 1 small fennel bulb (about $\frac{3}{4}$ lb.), trimmed (leave core intact) and cut into $\frac{1}{2}$ -inch wedges, plus 1 Tbs. chopped fronds
- 2 large cloves garlic, finely chopped
- 1 medium-large shallot, chopped
- 2 8-oz. bottles clam juice
- 8 oz. small baby red or fingerling potatoes, scrubbed and sliced into $\frac{1}{8}$ -inch-thick coins, ends discarded (about 6 potatoes)
- 1 large tomato, cut into small dice (12 oz., about $1\frac{1}{2}$ cups)
- 2 Tbs. anisette liqueur, such as Pernod or Sambuca
- 1 bay leaf
- 1 large sprig fresh thyme
- $\frac{1}{4}$ tsp. roughly chopped or coarsely ground fennel seed
Generous pinch saffron, crumbled (about 25 threads)
- 12 littleneck clams, scrubbed
- $1\frac{1}{2}$ Tbs. chopped fresh flat-leaf parsley leaves

Position a rack in the center of the oven and heat the oven to 325°F. Season the cod with salt and pepper. Let it sit at room temperature while you prepare the braising mixture.

Heat the olive oil in a 12-inch oven-proof skillet over medium-high heat. Add the fennel, sprinkle with a pinch of salt and pepper, and brown on both sides, about 5 minutes total. Remove the pan from the heat and transfer the fennel to a plate. Put the pan over low heat and add the garlic, shallot, $\frac{1}{2}$ tsp. salt, and $\frac{1}{4}$ tsp. pepper. Cook, stirring, until just softened, 1 to 2 minutes.

Add the clam juice, potatoes, tomato, liqueur, bay leaf, thyme, fennel seed, and saffron to the skillet. Raise the heat to medium and bring to a simmer. Simmer for 3 minutes to start the potatoes cooking. Nestle the cod pieces and clams into the sauce, piling the fennel on top of the fish and making sure all of the potatoes are submerged. Tightly cover the pan with a lid

or aluminum foil and braise in the oven until the fish is almost cooked through, 10 to 15 minutes, depending on thickness (see the tip on the facing page).

With a slotted spatula, transfer the cod to 4 shallow bowls. Bring the braising liquid, clams, and vegetables to a brisk simmer on top of the stove, cover the pan, and cook until the clams are opened and the vegetables are tender, 3 to 6 minutes more. Divide the opened clams (discard any unopened ones) and vegetables among the bowls. Add the fennel fronds and parsley to the braising liquid in the pan. Bring to a simmer and pour over the fish and vegetables.



fold fillets for thickness

Fillets that are $\frac{3}{4}$ to 1 inch thick work best, but if you can find only long, thin ones, they will do. Score the fish crosswise on the bone side, being sure to cut only halfway through. Flip the fillets over and fold them in half, skin side in, and proceed as if they were thick fillets. As the fish cooks, it will firm up and hold this shape.





Mediterranean

MAKE-AHEAD MENU

Braised chicken takes center stage in a stress-free menu.

THE MORE ENTERTAINING YOU DO, the more likely you are to realize that simpler is better. It's ideal to focus on planning, doing much of the work ahead of time and enjoying guests at party time.

But simple doesn't need to mean plain. This dinner party menu is a perfect example of easy entertaining. It boasts a couple of little tricks (soaking raw onions to mellow their flavor, salting lemon zest for a savory garnish) and some interesting ingredients (hearts of palm, pomegranate seeds, and butternut squash) to spice up the dinner. More important, the meal is easy to plan. Not only can you prepare the flavorful chicken braise a day ahead, but the dish actually tastes even better a day later.

The menu doesn't follow the cuisine of one country but offers a few Mediterranean twists just interesting

enough to impress your guests without overwhelming them. Retro-feeling hearts of palm add texture to a salad of crisp romaine with an orange-honey vinaigrette. Spices like saffron, cinnamon, and cumin give the braised chicken depth of flavor, while dried figs and butternut squash provide sweetness and color. The combination of pears and nuts in the crackly-crisp strudel reinforces the Mediterranean theme and punctuates the meal perfectly.

You can complete most of the preparations before guests arrive (see the timeline on p. 76). Besides braising the chicken the day before, you can also work on the dessert, macerating the raisins and poaching the pears. The morning of your party, finish assembling the strudel and then bake it; it holds nicely, so you can reheat it during dinner.





menu

Romaine Salad with
Hearts of Palm and
Orange-Honey Vinaigrette

Braised
Mediterranean Chicken

Couscous with
Chickpeas and Pistachios

Savory
Lemon Garnish

Crisp Pear Strudel





braised mediterranean chicken

For this braise, it's nice to use whole chickens cut into pieces to get the perfect mix of white and dark meat to please all your guests. If you prefer either all dark or all white meat, you can instead buy about 5 lb. of the chicken parts you like. **Serves 6 to 8**

- 1 cup dried Black Mission figs (about 15)**
- 2 chickens (3 lb. each), rinsed and patted dry**
Kosher salt and freshly ground black pepper
- ¼ cup olive oil**
- 2 medium onions, finely diced (about 2½ cups)**
- 6 cloves garlic, peeled and smashed**
- 1 tsp. ground cumin**
- ¼ tsp. saffron threads, crumbled**
- 2 cinnamon sticks (3 inches long each)**
- 14 oz. (1¼ cups) homemade or canned low-salt chicken broth**
- 2 medium tomatoes (about 1¼ lb. total), cored, seeded, and cut into ½-inch cubes (about 3 cups)**
- 1 cup coarsely chopped fresh flat-leaf parsley; plus another ¼ cup for garnish**
- 1 cup coarsely chopped fresh cilantro**
- 1 Tbs. fresh lemon juice; more if needed**
- 1 butternut squash (about 1½ lb.), peeled and cut into ¾-inch dice**
- 6 drops Tabasco or other hot sauce; more to taste**
Couscous with Chickpeas and Pistachios (recipe on p. 76)
- ½ cup pomegranate seeds**
Savory Lemon Garnish (recipe at right), gently rinsed

Soak the dried figs in ½ cup boiling water for 30 minutes.


Cut each chicken into six or eight pieces, reserving the backs for a soup or stock. Sea-

son the chicken parts with salt and pepper. In a Dutch oven or a large, heavy pot, heat the olive oil over medium-high heat and sauté as many chicken pieces as will fit into the pan without crowding (about a third to a half) on both sides until golden brown. Transfer to a plate and repeat with the remaining chicken; set aside.

Put the onions, garlic, cumin, saffron, and cinnamon into the pot and stir, scraping up the browned bits clinging to the bottom. Sauté, stirring often, until the onions are soft and translucent, about 5 minutes. If the mixture begins to dry out or burn, add some of the fig soaking liquid.

Add the chicken broth, the figs and their soaking liquid, the tomatoes, 1 cup of the parsley, the cilantro, and the lemon juice, and return the reserved chicken pieces and any accumulated juices to the pot. Bring to a boil, then reduce the heat to low. Partially cover the pot and simmer, skimming any fat or froth as necessary. After 20 minutes, add the squash and nestle it into the stew so that it's completely submerged. Cook until the chicken is cooked through and tender and the squash has softened, about another 20 minutes.

Remove the chicken and squash from the broth and set aside. Discard the cinnamon sticks. Increase the heat to medium high and, stirring, reduce the broth by half or until it attains a saucy consistency, 10 to 15 minutes. Return the chicken to the pot; set the squash aside separately. At this point, you can cool and refrigerate the braise.

Before serving, gently reheat the braise over low heat. If the broth is too thick, thin it with a bit of water. When the chicken is hot, stir in the squash and toss gently until warmed through. Add the Tabasco and adjust the salt, pepper, and lemon juice to taste. Mound the couscous on a platter and surround it with the chicken. Drizzle with the sauce. Arrange the squash on top of the couscous. Garnish with the pomegranate seeds, lemon garnish, and the remaining ¼ cup parsley. 

savory lemon garnish

Yields enough to garnish the braise

- 2 lemons, scrubbed**
- 1 Tbs. kosher salt**
- 1 Tbs. fresh lemon juice**

With a vegetable peeler, remove the zest from both lemons in wide strips, taking care not to include any of the white pith. Cut the strips of zest into thinner strips, about ¼ inch wide.

Put the zest in a small saucepan of boiling water and boil for 3 minutes. Drain in a strainer and rinse with cold water. Repeat this procedure of boiling (with fresh water) and draining two more times. The zest will be somewhat soft and most of the bitterness will be gone.

Drain well and put the zest in a ramekin with the salt and lemon juice. Cover and let the flavors develop overnight in the refrigerator. Rinse gently with water before using.



space to breathe

Leave plenty of room while sautéing the chicken pieces to get an even, brown crust. You may need to brown them in two or three batches.

timeline

THE DAY BEFORE

- Toast the pistachios or almonds.
- Prepare the lemon garnish.
- Clean the parsley, cilantro, and romaine; roll in paper towels and refrigerate in plastic bags.
- Braise the chicken.
- Poach the pears for the strudel.
- Soak the raisins for the strudel.
- Thaw the phyllo in the refrigerator.

THAT MORNING

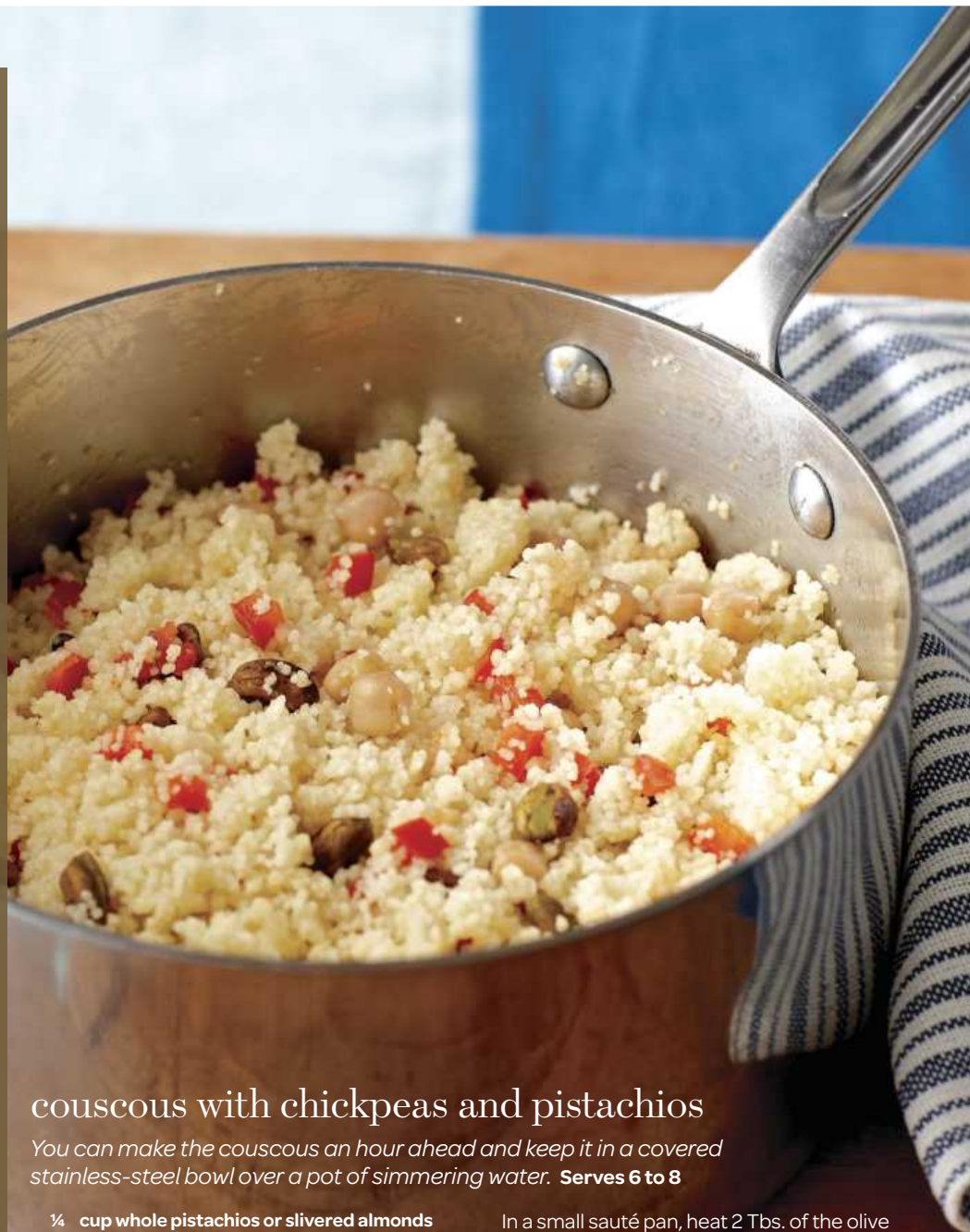
- Make the orange-honey vinaigrette.
- Slice the Spanish onion and soak it in water.
- Prepare the pomegranate seeds.
- Assemble and bake the strudel.

TWO HOURS BEFORE

- Chop the $\frac{1}{4}$ cup parsley for the braise's garnish.
- Lightly rinse and drain the preserved lemons.
- Cut the oranges into segments.

ONE HOUR BEFORE

- Make the couscous; keep warm over a pan of hot water.
- Reheat the chicken braise, covered, over low heat.



couscous with chickpeas and pistachios

You can make the couscous an hour ahead and keep it in a covered stainless-steel bowl over a pot of simmering water. Serves 6 to 8

- $\frac{1}{4}$ cup whole pistachios or slivered almonds
- $\frac{1}{4}$ cup extra-virgin olive oil
- 1 red bell pepper (about 10 oz.), cut into $\frac{1}{4}$ -inch dice
- Kosher salt
- 10 oz. (1 $\frac{3}{4}$ cups) couscous
- $\frac{3}{4}$ cup cooked or canned chickpeas, rinsed well
- 3 to 4 drops Tabasco or other hot sauce

Heat the oven to 325°F. On a baking sheet, toast the pistachios or almonds until golden brown, 12 to 15 minutes.

In a small sauté pan, heat 2 Tbs. of the olive oil and sauté the red pepper until slightly soft, 3 to 4 minutes.

In a medium pan, bring 3 cups water to a boil. Add 1 tsp. salt and the remaining 2 Tbs. olive oil. Pour in the couscous, turn off the heat, cover, and set aside for 5 minutes.

Add the red pepper, pistachios, chickpeas, and Tabasco to the couscous and fluff with a fork. Season with salt to taste.



romaine salad with hearts of palm and orange-honey vinaigrette

Soaking the onions in cold water tames their strong flavor and crisps the rings. Serves 6 to 8

FOR THE VINAIGRETTE

- 3 Tbs. Dijon mustard
- Finely grated zest of 1 orange (about 1 Tbs.)
- Juice of 1 orange (about $\frac{1}{4}$ cup)
- 1 Tbs. fresh lemon juice
- 1 Tbs. honey
- $\frac{3}{4}$ tsp. ground coriander
- Pinch celery salt (optional)
- Kosher salt and freshly ground black pepper
- $\frac{1}{4}$ cup grapeseed or canola oil
- $\frac{1}{4}$ cup extra-virgin olive oil

FOR THE SALAD

- $\frac{1}{2}$ Spanish onion, sliced into $\frac{1}{8}$ -inch-thick rings
- 2 oranges
- 2 hearts of romaine, washed, dried, and torn into large pieces (about 8 cups)
- 6 canned hearts of palm, sliced into $\frac{1}{4}$ -inch-thick coins
- 24 kalamata olives

MAKE THE VINAIGRETTE

In a bowl, combine the mustard, orange zest, orange juice, lemon juice, honey, coriander, and celery salt, if using. Season with salt and pepper to taste and blend well with a whisk. Combine the oils in a measuring cup and, while constantly whisking the mustard mixture, slowly drizzle in the oils. Taste for seasoning. Cover and set aside until needed.

PREPARE THE ONION RINGS AND ORANGES

Rinse the onion rings in a strainer under cold water. Put them in a small bowl with cold water, cover, and refrigerate until needed. (This will crisp the onion rings and tame their strong flavor.) Slice off the ends of the oranges and set the fruit on one end. Following the fruit's contours, slice off the peel and the white pith. Hold the peeled orange over a bowl and slice along the membranes to free the segments.

TO SERVE

Put the lettuce in a large bowl. Stir or whisk the vinaigrette and pour $\frac{1}{4}$ cup of it over the lettuce; toss to coat, adding more salt and pepper to taste. Distribute the greens among six salad plates. Top with the onions, orange segments, hearts of palm, and olives. Drizzle 1 Tbs. of the vinaigrette over each salad and serve immediately.



shopping list

FRESH PRODUCE

- 6 cloves garlic
- 4 ripe Bartlett pears
- 4 slices fresh ginger
- 3 medium oranges
- 2 medium tomatoes
- 2 medium onions
- 2 hearts of romaine
- 2 lemons
- 1½ lb. butternut squash
- 1¼ cups fresh flat-leaf parsley
- 1 cup fresh cilantro
- 1 red bell pepper

- ½ pomegranate
- ½ Spanish onion

MEAT, EGGS & DAIRY

- 2 chickens (3 lb. each)
- ½ cup unsalted butter

OTHER GROCERIES

- 24 kalamata olives
- 9 to 10 drops Tabasco or other hot sauce
- 6 canned hearts of palm
- 4 sheets frozen phyllo dough
- 3 Tbs. Dijon mustard
- 2 Tbs. Cognac
- 1¾ cups lower-salt chicken broth

- 1½ cups couscous
- 1 cup dried Black Mission figs (about 15)
- ¾ cup chickpeas
- ½ vanilla bean or 1 tsp. pure vanilla extract
- ½ cup amaretti cookies
- ½ cup golden raisins
- ½ cup whole, skin-on almonds
- ¼ cup whole pistachios or slivered almonds

PANTRY STAPLES

- 2 cups granulated sugar
- 2 cinnamon sticks (3 inches long each)

- 1 Tbs. honey
- 1 tsp. ground cumin
- ¾ tsp. ground coriander
- ¼ cup olive oil
- ½ cup extra-virgin olive oil
- ¼ cup grapeseed or canola oil
- ¼ tsp. saffron threads
- Kosher salt and freshly ground black pepper
- Pinch celery salt
- Confectioners' sugar for sprinkling

crisp pear strudel

Warm and sweet, this dessert is the perfect end to the meal. Use a serrated knife to score the strudel so it's easier to slice later and so steam can escape during baking. Serves 6 to 8

- 2 cups water**
- 2 cups granulated sugar**
- ½ vanilla bean, cut in half lengthwise and seeded (with a paring knife); reserve the seeds for another use (or 1 tsp. pure vanilla extract)**
- 2 strips lemon zest**
- 4 slices fresh ginger, each ½ inch thick**
- Juice of 1 lemon (about 2 Tbs.)**
- 4 ripe Bartlett pears, peeled, cored, and sliced lengthwise into 8 pieces each**
- ⅓ cup golden raisins**
- 2 Tbs. Cognac**
- ⅓ cup whole, skin-on almonds**
- 4 sheets frozen phyllo dough, thawed**
- ½ cup unsalted butter, melted**
- ⅓ cup coarsely crushed amaretti cookies, or stale breadcrumbs**
- Confectioners' sugar for sprinkling**

In a medium saucepan over high heat, combine the water and sugar and bring to a boil. Stir to dissolve the sugar. Add the vanilla bean, lemon zest, and ginger. Reduce the heat to low and simmer the syrup for 10 minutes. Add the lemon juice and pears (and vanilla extract, if using). Cover and poach gently until the pears are soft, about 15 minutes. Refrigerate the pears in the liquid for at least 2 and up to 24 hours. Put the raisins in a small bowl,

cover with the Cognac, and also let soak in the refrigerator for the same amount of time.

Heat the oven to 325°F. On a small baking sheet, toast the almonds until they're golden brown in the center, about 12 minutes. Let cool, chop coarsely, and set aside.

Increase the heat to 400°F. Set the pears in a colander to drain (it's okay to discard the syrup).

Put a clean, damp (but not wet) dish-towel on the counter and gently lay the phyllo sheets on top. Cover with a second damp towel (this will keep the pastry from drying out). Cover your workspace with a piece of parchment slightly larger than the phyllo sheets. Remove two phyllo sheets and lay them on top of the parchment with the longest side facing you. Brush generously with melted butter, and sprinkle with half of the toasted, chopped almonds. Lay the other two phyllo sheets on top and repeat.

Sprinkle the amaretti crumbs or breadcrumbs in a band about 2 inches wide along the edge closest to you. Arrange the pears on top of the crumbs and sprinkle with the raisins.

Starting at the edge closest to you and using the parchment as an aid, gently roll up the strudel and set it on a parchment-lined baking sheet. With a serrated knife, score the top of

the strudel at about 2-inch intervals. Bake on the middle rack of the oven for 20 minutes. Lower the temperature to 350°F and continue to bake until the pastry is a deep golden brown, 10 to 15 minutes. Let cool and store at room temperature until ready to serve.

To serve, reheat in a 350°F oven until warm and then sprinkle with the confectioners' sugar.



the secret to phyllo: keep it moist

Phyllo pastry undeservedly strikes fear in the hearts of many cooks. It shouldn't: It's forgiving if you work with it properly. You can usually find it in your market's frozen food aisle. Since phyllo dries out quickly, try to buy it fairly fresh. Check the expiration date or buy from a store with quick turnover. Put the package in the fridge the day before you plan to use it to be sure it thaws. And—most important—as you work, keep the phyllo covered with a damp dishtowel, which will keep it pliable.





New Ways with **ANCIENT GRAINS**

Far from run-of-the-mill, these delicious, easier-than-ever-to-find grains deserve a spot in your pantry.

GRAINS ARE DELICIOUS IN ANY GUISE, whether they're used in hearty mains or flavorful sides. Of course, everyone is familiar with wheat, corn, and oats, but what's this we keep hearing about ancient grains like freekeh or farro? Ever try teff? These utterly delicious grains and others, like bulgur wheat, millet, and amaranth, have been cultivated for thousands of years but had fallen out of the mainstream for decades. Fortunately, with their recent resurgence in popularity, they can now be found at most supermarkets, in health-food stores, and online. They're easy to cook, tasty, and so good for you. They also keep for months, so they're great pantry staples. Get to know the six grains here, and they'll soon have a permanent spot in your pantry.

corn and amaranth griddlecakes with spicy black beans

This hearty meatless main course is chock full of flavor and texture. The griddlecakes are crisp, tender, and slightly peppery from the amaranth flour, and the beans deliver a kick. Serve with sliced avocado and pico de gallo. Yields about 8 griddlecakes and 2½ cups beans; serves 4

FOR THE BLACK BEANS

- ½ lb. dried black beans
- 1 Tbs. crumbled dried epazote, or 2 to 3 fresh epazote leaves (optional; for more information, see Test Kitchen, p. 107)
- 3 medium cloves garlic, peeled
- Fine sea salt
- ½ cup chopped fresh cilantro
- ½ to 1 Tbs. finely chopped chipotle chile (from a can of chipotles in adobo sauce)
- ½ Tbs. cumin seeds, toasted and ground

FOR THE GRIDDLECAKES

- 2¼ oz. (½ cup plus 2 Tbs.) amaranth flour
- 1 oz. (¼ cup) unbleached all-purpose flour
- 1 tsp. baking powder
- ¼ tsp. baking soda
- Fine sea salt
- 3 oz. (½ cup) medium-grind cornmeal
- ¼ cup pine nuts, roughly chopped
- 1½ oz. (3 Tbs.) unsalted butter
- ½ cup buttermilk
- 1 large egg
- 1 4-oz. can diced fire-roasted green chiles, drained
- ½ cup fresh or thawed frozen corn kernels
- ½ cup thinly sliced scallions (white and green parts)
- ½ medium jalapeño, stemmed, seeded, and finely chopped
- Olive oil for the pan

MAKE THE BLACK BEANS

Rinse the beans and combine them in a 4-quart pot with the epazote (if using), garlic, and about 6 cups water. Bring to a boil over high heat, stirring occasionally, then reduce to the heat to low and simmer, covered, until the beans are just tender, about 1 hour. Add 1 tsp. salt and simmer

gently for another 10 minutes. Remove the beans from the heat and let them cool in their liquid. (You can prepare the beans up to 1 day ahead; refrigerate them in their liquid.)

Drain the cooked beans, reserving the liquid. Return the beans to the pot and add the cilantro, chipotle, cumin, and about 1 cup of the reserved bean liquid. Simmer over medium heat, stirring occasionally, for about 10 minutes. The beans should be very moist; if necessary, add more bean liquid.

MAKE THE GRIDDLECAKES

In a large bowl, sift the amaranth flour, all-purpose flour, baking powder, baking soda, and ¾ tsp. salt. Whisk in the cornmeal and pine nuts.

Melt 2½ Tbs. of the butter. In a medium bowl, whisk the buttermilk, egg, and melted butter. Stir in the chiles.

Melt the remaining ½ Tbs. butter in a 10-inch nonstick pan over medium heat. Add the corn kernels, scallions, jalapeño, and a pinch of salt; cook, stirring, until the corn shows a few light brown spots, about 5 minutes. Stir the corn mixture into the wet ingredients. (You can prepare the griddlecakes to this point up to 4 hours ahead.)

When ready to cook the cakes, combine the wet and dry ingredients, being careful not to overmix. Heat about 2 tsp. of olive oil in a large nonstick pan or on a griddle over medium-high heat. Drop ¼ cup of the batter at a time onto the hot pan and gently spread with the tip of a spoon to make 3-inch cakes. Cook the griddlecakes until tiny air bubbles begin to pop through the tops, 3 to 4 minutes; then flip them and cook until deep golden brown and crisp on the bottom, about 3 minutes more. Transfer to a plate and keep warm. Repeat until all of the batter is cooked.

Ladle the beans into shallow bowls and top with the griddlecakes.



SIX GRAINS TO TRY



Teff	Farro	Millet	Freekeh	Bulgur Wheat
<p>WHAT Teff is the smallest grain in the world. Native to Africa and an integral part of Ethiopian cuisine (it's used to make their national bread, injera), it can be white, red, and even purple. The most common variety is chocolate brown. It's a nutritional powerhouse, full of iron and protein, and a good source of fiber and calcium.</p>	<p>WHAT Farro is part of the wheat family. Sometimes called emmer, it dates back more than 10,000 years and is widely cultivated across the Mediterranean. A high-protein grain, farro is also a good source of fiber, vitamin E, and minerals.</p>	<p>WHAT A small, round, yellow grain, millet is eaten daily in Africa and in its native Asia. Until recently, Americans used millet only as bird feed. It's an excellent plant protein, rich in iron, B vitamins, and several minerals.</p>	<p>WHAT Freekeh, roasted young (green) wheat, is an ancient grain gaining in modern popularity. Due to its age at harvest, freekeh retains more protein, fiber, and minerals than most wheat products.</p>	<p>WHAT A staple in Middle Eastern kitchens, bulgur is made from whole wheat-berries that have been steamed, hulled, dried, and cracked. Because it's already cooked, it only requires rehydrating and no further cooking to serve.</p>
<p>TASTES LIKE Teff's rich, distinctive flavor is reminiscent of hazelnuts to some, and artichokes to others.</p>	<p>TASTES LIKE Farro is subtly sweet and nutty, with an irresistible, chewy texture.</p>	<p>TASTES LIKE Millet has a mild, creamy flavor.</p>	<p>TASTES LIKE Freekeh has a nutty texture and a smoky flavor.</p>	<p>TASTES LIKE Bulgur tastes primarily like wheat and has a crunchy-tender texture.</p>
<p>COOK IT Whole teff can be cooked into a dark brown polenta, which can be sweetened and eaten with fruit as a breakfast porridge. You can also let it set up, cut it into wedges, and grill or sauté it to serve with savory foods. Teff flour, which is gluten-free, imparts its nuttiness and dusky cocoa shade to piecrusts, waffles, and other baked goods.</p>	<p>COOK IT Farro is sold whole, semi-pearled, and pearled. Try to find semi-pearled, which means some of the outer bran has been removed so the grain cooks quickly. It can be cooked like arborio rice for a succulent "farrotto" or added to soups, pilafs, stuffings, and salads.</p>	<p>COOK IT Toast millet before cooking for the best flavor. It's most often cooked like rice, and it can absorb an astounding amount of liquid. For a light, fluffy pilaf, keep the liquid level low; for a creamy polenta-like dish, use more liquid and cook the millet longer.</p>	<p>COOK IT Use freekeh as you would other grains in pilafs, salads, soups, and stews, alone or mixed with quinoa or brown rice. More supermarkets carry freekeh these days, and it's mostly sold cracked, which is quicker cooking than whole; it needs 20 to 25 minutes of simmering time. You can find it in health-food and Middle Eastern markets, too.</p>	<p>COOK IT Try serving it hot as a pilaf with lentils and warm spices, cold in salads like tabbouleh, combined with chickpeas for a side dish or stuffing, or mixed with ground beef or lamb.</p>
<p>STORE IT Whole teff can be stored in an airtight container in a cool, dry place for up to a year. Teff flour will keep in an airtight container at room temperature for up to 3 months, or frozen for up to 6 months.</p>	<p>STORE IT Store farro in an airtight container in a cool, dry place for up to a year.</p>	<p>STORE IT Millet will keep in an airtight container in a cool, dry place for up to a year.</p>	<p>STORE IT Freekeh will keep in an airtight container in a cool, dry place for up to a year.</p>	<p>STORE IT Bulgur can go rancid quickly, so buy small amounts from a source with high turnover. Store it in a cool, dry place and use within a couple months.</p>
<p>GOES WITH Teff's toasty-nutty flavor goes well with ingredients both sweet and savory, like apples, winter squash, root vegetables, chicken, onions, corn, and brown sugar. It can also stand up to spicy foods.</p>	<p>GOES WITH Farro pairs beautifully with every vegetable it meets, as well as with pork products like bacon and sausage.</p>	<p>GOES WITH Millet is outstanding with rich ingredients like butter, cheese, and eggs, and spicy foods such as chiles and ginger. Greens and root vegetables are also great matches.</p>	<p>GOES WITH Freekeh is great with root vegetables, mushrooms, lamb or chicken, and all kinds of herbs and spices.</p>	<p>GOES WITH Bulgur wheat is delicious with raw or roasted vegetables, any meat or fish, and a host of spices, like mint, parsley, and chives.</p>



Amaranth

WHAT The tiny, gold, black-flecked seeds of the amaranth plant have been cultivated for millennia in Central and South America (at one time it was sacred to the Aztecs). Amaranth is very high in protein, calcium, and fiber.

TASTES LIKE Amaranth is grassy, herbal, and slightly peppery. The seeds have a pleasing crunchy texture.

COOK IT Amaranth seeds are typically cooked into a thick, glutinous porridge, which can be an acquired taste. The whole seeds can also be popped like popcorn. Amaranth is more versatile when it's ground into flour. It's gluten-free and delicious used in baked goods like pancakes, cookies, and quick breads.

STORE IT Whole seeds can be stored in an airtight container in a cool, dry spot for up to 9 months. Amaranth flour can be kept in an airtight container at room temperature for up to 3 months, or frozen for up to 6 months.

GOES WITH Pair amaranth with anything starchy, spicy, or sweet, like corn, black beans, chiles, honey, apples, and chocolate.



millet and chickpea salad

This Mediterranean-inflected grain salad is speedy enough to make on a weeknight, thanks to quick-cooking millet. Serves 4

- 3 Tbs. plus 1 tsp. olive oil
- ½ cup millet
- Kosher salt
- ¼ tsp. crumbled saffron threads
- 1 large orange, peeled and segmented, segments cut into thirds
- 1 jarred roasted red pepper, chopped
- ½ cup canned chickpeas, drained and rinsed
- 2 Tbs. finely chopped red onion
- 2 Tbs. sherry vinegar
- 1 tsp. honey
- ½ tsp. dried oregano

Heat 1 tsp. of the oil in a 10-inch skillet over medium heat. Add the millet and toast, shaking the pan, until one shade darker, about 1 minute.

In a 1-quart saucepan, bring 1 cup water, ½ tsp. salt, and the saffron to a boil. Add the millet, cover, reduce the heat to low, and cook until tender, about 18 minutes. Scrape into a large bowl. Stir the orange segments, peppers, chickpeas, onion, the remaining 3 Tbs. oil, vinegar, honey, and oregano into the millet. Season to taste and serve.



swiss chard, sweet potato, and feta tart in a teff crust

Adding teff flour to this tart's crust gives it the texture of shortbread and a rich, nutty flavor. The filling is vegetable heaven—chard, sweet potatoes, and red onions—topped off with a salty sprinkle of feta. Serve with a green salad to round out the meal. Serves 8

FOR THE CRUST

- 5½ oz. (1 cup) teff flour
- 4½ oz. (1 cup) unbleached all-purpose flour
- ¾ tsp. table salt
- 6 oz. (¾ cup) cold unsalted butter, cut into ½-inch pieces
- 4 to 5 Tbs. ice water

FOR THE FILLING

- 1½ lb. sweet potatoes (2 medium)
- 3 Tbs. extra-virgin olive oil
- 2 medium red onions, peeled, halved, and sliced lengthwise into ¼-inch-thick slices (4 cups)
- Sea salt
- 2 Tbs. balsamic vinegar
- 3 medium cloves garlic, chopped
- 1 large bunch Swiss chard (15 oz.), thick stems removed, greens roughly chopped (8 cups)
- 8 oz. feta, crumbled (1½ cups)
- Crushed red pepper flakes
- 2 large eggs
- Freshly ground black pepper

MAKE THE CRUST

Combine both flours and the salt in a food processor; pulse to combine. Add the butter and pulse until it breaks down to the size of small peas. Sprinkle 4 Tbs. of the ice water over the mixture and pulse again until the pastry just holds together (if it's too dry to hold together, pulse in tiny amounts of the remaining water until it holds). Transfer the dough to a large sheet of plastic wrap, and using the plastic as an aid, shape it into a thick disk. Wrap the dough in the plastic and refrigerate for about 30 minutes.

Meanwhile, position a rack in the center of the oven and heat the oven to 375°F.

Unwrap and roll the dough on a lightly floured surface into a 14-inch circle. (If the pastry cracks, just press it back together.) Wrap the pastry around the rolling pin and unroll it over an 11-inch fluted tart pan with a removable bottom. Without stretching the dough, very gently work it into the pan, pressing the pastry against the sides. Roll the pin over the pan to trim the excess dough. Use the scraps as needed to make the edge even and about ¼ inch thick (at the narrowest points). Press gently all around the edge so the dough comes up slightly above the rim of the pan.

Prick the bottom of the crust all over with a fork, line with parchment, and fill with dried beans or pie weights. Put the tart pan on a baking sheet and bake until the edge looks dry, about 10 minutes. Carefully remove the beans and parchment and bake until the bottom is just set and looks dry, 5 to 7 minutes more. Let cool on the baking sheet on a wire rack.

MAKE THE FILLING

Scrub the sweet potatoes, poke them once or twice with a fork, and put them on a small foil-lined baking sheet. Roast until tender when pierced, 50 to 60 minutes. Let cool, peel, and cut into ¾-inch dice.

While the sweet potatoes are roasting, heat 2 Tbs. of the olive oil in a 12-inch nonstick skillet over medium-high heat. Add the onions and a generous pinch of salt; cook, stirring, until the onions wilt and develop dark brown charred spots, about 10 minutes. Reduce the heat to medium low, cover the pan, and stir frequently, until softened and caramelized, 8 to 9 minutes more. Add 1 Tbs. of balsamic vinegar and stir until it evaporates and glazes the onions.

Transfer the onions to a small bowl and wipe out the pan. Heat the remaining 1 Tbs. olive oil in the pan over medium-low heat. Add the garlic and cook until fragrant and just beginning to color, 1 to 2 minutes. Increase the heat to medium high, add the chopped chard and a pinch of salt, and toss over medium-high heat until the chard is completely wilted, about 4 minutes. Sprinkle the remaining 1 Tbs. balsamic vinegar over the chard and toss it until the vinegar cooks away, about 1 minute. Transfer to a large bowl.

Add the diced sweet potatoes, about three-quarters of the cheese, and a pinch of crushed red pepper to the chard; toss gently. In a small bowl, whisk the eggs with a pinch of salt and pepper and add the eggs to the chard mixture.

BAKE THE TART

Spread the filling evenly in the tart shell and scatter the remaining cheese on top. Bake the tart on the baking sheet until the cheese is nicely browned, 25 to 30 minutes.

Spoon the balsamic onions over the top of the tart, allowing bits of cheese to peek through here and there. Let the tart cool slightly, about 10 minutes, then remove the rim of the pan. Slice and serve the tart warm or at room temperature.







middle eastern chickpea burgers

*Toasty spices and chickpeas give this burger a flavor evocative of falafel. Serve it in or on a pita with some store-bought or homemade tzatziki (recipe on the facing page) and a salad of chopped tomato, red onion, parsley, lemon, and olive oil. **Makes 8 burgers***

- 2 Tbs. plus 1 tsp. extra-virgin olive oil
- 3 oz. (3 cups) baby spinach
- 1½ cups finely chopped yellow onion (about 1 large)
- 1 Tbs. plus 1 tsp. minced garlic
- 1¼ cups vegetable or mushroom broth
- ½ cup cracked freekeh
- 1 15-oz. can chickpeas, drained, rinsed, and patted dry
- ½ cup panko
- ¼ cup chopped fresh flat-leaf parsley
- ¼ cup toasted sunflower seeds, chopped
- 2 Tbs. fresh lemon juice
- 1½ tsp. finely grated lemon zest
- 1½ tsp. ground cumin
- 1 tsp. ground coriander
- Kosher salt and freshly ground black pepper

1 large egg, beaten

2 Tbs. canola oil

Tzatziki, for serving (recipe at right)

Heat 1 tsp. of the olive oil in a 12-inch skillet over medium heat. Add the spinach and cook, tossing with tongs, until wilted, 1 to 2 minutes. Transfer to a sieve, let cool slightly, and press to remove as much liquid as possible. Chop, transfer to a large bowl, and set aside.

Heat the remaining 2 Tbs. olive oil in the pan over medium heat. Add the onion and cook, stirring occasionally, until browned around the edges, about 5 minutes. Add the garlic and cook, stirring, for 45 seconds. Add the broth and freekeh and bring to a boil. Cover, reduce the heat to medium low, and cook until the freekeh is tender and the broth is absorbed, about 15 minutes. Set aside to cool for 10 minutes.

Add the freekeh, chickpeas, panko, parsley, sunflower seeds, lemon juice and zest, cumin, and coriander to the spinach. Mash with a potato masher until the chickpeas are mashed and sticky but still a little chunky. Season to taste with salt and pepper. Stir in the egg. Chill the burger mixture for at least 30 minutes or up to 4 hours.

Portion the burger mixture into 8 balls. With moist hands, form into 3½-inch patties about ¾ inch thick.

Heat the canola oil in a 12-inch nonstick skillet or cast-iron pan over medium heat. Add the burgers, reduce the heat to medium low, and cook until browned on one side, 3 to 4 minutes. Gently flip with a thin spatula and cook until browned and heated through, another 3 to 4 minutes.



tzatziki

Tzatziki might hail from Greece, but it pairs well with the Middle Eastern burger on the facing page. Makes about 1 cup

- 1 cup plain Greek yogurt**
- ¼ cup finely chopped or shredded seeded cucumber**
- 1 finely chopped garlic clove**
- ¼ tsp. kosher salt**
- ¼ tsp. freshly ground black pepper**
- 1 to 2 tsp. chopped fresh dill (optional)**

Combine the Greek yogurt with the cucumber and garlic. Add the salt and black pepper. Finish with the dill, if you like.



rustic bean and farro soup

The farro can get soft if it sits in the soup overnight, so you should cook it separately and add it only to the amount of soup you're serving. Serves 6 as a main dish; 8 as a first course

- 3 Tbs. olive oil**
- ¾ cup chopped pancetta**
- 1 medium onion, chopped**
- 2 medium carrots, peeled and chopped**
- 2 medium ribs celery, chopped**
- 4 large cloves garlic, minced**
- 2 tsp. chopped fresh sage, marjoram, or thyme, or a combination**
- 1¼ cups dried chickpeas or cannellini beans (or a combination), picked over, soaked overnight, and drained (or 3½ cups canned chickpeas, cannellini beans, or a combination)**
- 1½ cups canned diced tomatoes**
- 8 cups homemade or low-salt canned chicken broth or water**
- 2 tsp. coarse salt; more to taste**
- Freshly ground black pepper to taste**
- 1¼ cups uncooked whole-grain farro**
- Extra-virgin olive oil for garnish**
- Freshly grated Parmigiano-Reggiano for garnish**

Heat the olive oil in a soup pot set over medium heat. Add the pancetta and sauté until golden brown, about 5 minutes. Add the onion, carrots, celery, garlic, and

herbs and sauté until the vegetables soften, about 5 minutes.

If using dried beans, add the soaked, drained beans to the soup pot, with the tomatoes, broth or water, and 2 tsp. salt, and bring to a boil. Reduce the heat, cover, and simmer until the beans are tender, 1 to 2 hours. (If using canned beans, drain and rinse them, add the tomatoes, broth or water, and 2 tsp. salt to the soup pot, and bring to a boil. Reduce the heat, add the beans, and simmer for about 20 minutes). Season with salt and pepper. For a creamier soup, purée 1 cup of the bean mixture and stir it back into the pot.

In a saucepan, bring 6 cups salted water to a boil. Add the farro, reduce the heat, and simmer until it's just al dente and chewy, about 10 to 30 minutes. Drain, add it to the soup, and simmer for another 10 to 15 minutes to let the flavors meld and to finish cooking. Stir to prevent scorching. Ladle into bowls and garnish with a swirl of olive oil, grated cheese, and pepper.



tabbouleh with dates and pomegranate vinaigrette

In this vibrant vegan dish—a cross between Mideastern tabbouleh and bazargan—bell pepper is called for rather than tomato because the pepper holds up better. If you use traditional cucumber in place of the English cucumber, peel and seed before chopping. Serves 4 to 6

- 1 cup dried bulgur wheat
- 1½ tsp. coarse salt, divided
- ¼ cup fresh-squeezed, strained lemon juice
- ¼ cup extra-virgin olive oil
- 2 Tbs. pomegranate molasses
- 2 Tbs. finely chopped shallots
- 1 Tbs. red-wine vinegar
- ¼ tsp. ground cumin
- ¼ tsp. ground coriander
- ¼ tsp. sumac
- ⅛ tsp. cayenne or Aleppo pepper
- 1 15-oz. can chickpeas, rinsed and drained
- 1½ cups finely chopped red bell peppers
- 1 cup finely chopped English cucumbers
- 1 cup shredded carrots
- ½ cup chopped pitted dates
- ½ cup finely chopped fresh flat-leaf parsley or cilantro leaves
- ¼ cup thinly sliced scallions, white and light green parts only

Bring 1½ cups of water to a boil. Add the bulgur and 1 tsp. salt to a large bowl, and pour the boiling water on top. Cover and let sit until the bulgur is tender, about 30 minutes.

Meanwhile, in a medium bowl, whisk together the lemon juice, oil, pomegranate molasses, shallots, vinegar, cumin, coriander, sumac, cayenne, and ¼ tsp. salt. Set aside.

Add the chickpeas, bell peppers, cucumbers, carrots, dates, parsley, scallions, and the remaining ¼ tsp. salt to the bulgur. Add the dressing and mix well to combine. Serve.





tart, lemony sumac

You may look at the ingredient list on the facing page and think, “Sumac! Isn’t that poisonous?” Though it is a relative of the poisonous type, the variety used in cooking is perfectly safe, and it adds an unusual flavor to the dish. It’s used throughout the Middle East, often as a stand-in for lemon juice. In addition to fish, sumac’s tart, astringent flavor marries well with chicken, beef, and even fruit (think apple pie). In the United States, you’re most likely to find the dried burgundy-colored berries already ground into a powder, though occasionally they’re sold whole. Look for sumac in Middle Eastern markets.

Take Root

Look to these less common vegetables for fantastic fare.



WINTER IS THE TIME TO SNAP UP root vegetables at the market. Though they might not win any beauty awards, produce like parsnips, rutabagas, parsley root, celery root, and turnips have a surprisingly delicious range of flavors, from sweet and peppery to nutty and earthy. The recipes here show off root vegetables' versatility: You can bake them in a hearty gratin; add them to a bright, seasonal salad; purée them into a warming, spiced soup; simply roast them to bring out their natural sweetness; and more.

parsnip and leek soup with cumin and mustard seeds

This soup gets a delicious kick from whole cumin and mustard seeds toasted in hot oil with garlic and stirred in just before serving. This traditional Indian seasoning technique is called tarka. Yields 8 to 9 cups; serves 6 to 8

- 2 Tbs. unsalted butter
- 1 large yellow onion, cut into medium dice (2 cups)
- Kosher salt and freshly ground black pepper
- 6 cups lower-salt chicken broth; more as needed
- 2 medium leeks (white and light green parts only), trimmed, washed, and sliced crosswise about ½ inch thick (2½ cups)
- 1 lb. medium parsnips, peeled, cored, and cut into medium dice (about 2 cups)
- 1 lb. yellow potatoes (like Yukon Gold), peeled and cut into medium dice (2¾ cups)
- 2 tsp. ground turmeric
- ½ tsp. cayenne
- 2 Tbs. extra-virgin olive oil
- 4 medium cloves garlic, roughly chopped
- 2 tsp. cumin seed
- 2 tsp. black mustard seed

Heat the butter in a 6- to 8-quart heavy-duty pot over medium heat. Add the onion, ½ tsp. salt, and a couple of grinds of pepper and cook, stirring occasionally, until the onion is soft and lightly browned, 8 to 10 minutes. Add the broth, leeks, parsnips, and

potatoes, and raise the heat to medium high. Simmer briskly for 5 minutes, then reduce the heat to low. Add the turmeric and cayenne, stirring well, and simmer slowly until the vegetables are very soft, about 20 minutes.

Working in batches, purée the soup in a blender and then strain it through a medium-mesh sieve. The soup should be about as thick as a thin milkshake; add more broth if it's not thin enough. Return the soup to the pot and season to taste with salt. (The soup can be made up to this point 1 day ahead and refrigerated. Reheat before proceeding.)

Shortly before serving, heat the olive oil in a small skillet over medium-high heat. When the oil is hot, add the garlic, cumin seed, and mustard seed. Stir with a wooden spoon until the seeds begin to pop and the garlic is lightly browned, 30 to 60 seconds. Carefully stir the hot oil and spices into the soup (it may spatter). Season to taste with more salt, pepper, or cayenne.



PARSNIPS

Grown in cold climates, parsnips are usually harvested in the fall and, like carrots, stored in cool root cellars. However, frost will convert their starches to sugar, concentrating their sweet flavor, so many home gardeners and small growers keep their parsnips in the ground and dig them as needed through winter and early spring. That's why you're likely to find the sweetest parsnips at a farmstand or farmers' market.

While there are several varieties of parsnips, most markets don't usually indicate which they're selling, mainly because the differences in flavor, texture, and appearance are minimal. Your best bet is to choose what looks freshest. Here are some tips:

SHOP Parsnips should be firm and of uniform color; blemishes can be a sign of decay. Opt for medium parsnips, as very large ones can be woody and bitter.

STORE Wrap unwashed parsnips in paper towels or newspaper and store them in a loosely closed plastic bag in the crisper drawer of the refrigerator for up to 2 weeks.



A commonly used ingre-

... carrot flavor makes it worth seeking out, though.

Also called Hamburg parsley, rooted parsley, and turnip-rooted parsley, parsley root looks deceptively similar to a parsnip, but parsnips are creamier in color and have a more earthy flavor. Parsley root is a purer white, and it's often sold with its parsley-like tops still attached.

Parsley root may be eaten raw or cooked and should be peeled before using. It's good in salads, roasts, stews, and soups. You can also use parsley root's leaves just as you would ordinary parsley, although they're tougher and may not be as flavorful as the variety grown specifically for its leaves.

SHOP Select roots that are firm and free of blemishes.

STORE To store, remove the tops if they're still attached and keep them separate if you plan to use them. Wrap the roots in a paper towel and put them in a plastic bag. They should keep in your fridge's crisper drawer for up to a week.



mashed potatoes with parsley root

These tangy, buttermilk-enriched mashed potatoes are delicious with beef or pork. Serves 8

- 2 lb. red potatoes, peeled and quartered
- ½ lb. parsley root, diced (or ¼ lb. parsnip, ½ lb. celery root, or 1 lb. fennel bulb)
- 3 Tbs. unsalted butter
- ¾ cup buttermilk
- Kosher salt and freshly ground black pepper

In a large saucepan, combine the potatoes and parsley root with lightly salted water to cover. Bring

to a boil, reduce to a simmer, and cook until the potatoes and parsley root are very soft, 20 to 25 minutes. Drain.

Pass the potatoes and parsley root through the finest blade of a food mill or a potato ricer. Add the butter, then the buttermilk, and whisk until well incorporated. Taste for seasoning and add salt and pepper as needed.



twice-baked potatoes with fresh horseradish

Use a rasp-style grater to grate the horseradish and the cheese. **Serves 4**

- 4 medium russet potatoes (about 7 oz. each), scrubbed and dried**
- 5 Tbs. unsalted butter, softened**
- ½ cup plus 2 Tbs. finely grated Pecorino Romano (¾ oz.)**
- ½ cup sour cream, at room temperature**
- ¼ cup half-and-half, at room temperature**
- 2 Tbs. plus 2 tsp. finely grated fresh horseradish**
- 1 Tbs. thinly sliced chives; more for garnish**
- Kosher salt and freshly ground black pepper**

Position a rack in the center of the oven and heat the oven to 400°F.

Prick the potatoes a few times with a fork. Put the potatoes directly on the oven rack and bake until tender when pierced with a skewer, 50 to 60 minutes.

While the potatoes are still hot, hold each one with a clean dishtowel and cut off about one-quarter lengthwise. With a spoon, scoop the potato flesh out into a medium bowl, leaving

enough on the skins that they hold their shape. Add 4 Tbs. of the butter to the potato flesh, and with a potato masher, work the potatoes until lightly mashed but not completely smooth. Stir in ½ cup of the Pecorino, the sour cream, half-and-half, 2 Tbs. of the horseradish, the chives, 1 tsp. salt, and a few grinds of pepper, and mix until combined. Mound the filling into the potatoes. Cut the remaining 1 Tbs. butter into 4 pieces and top each potato with a pat of butter. Transfer to a small rimmed baking sheet or baking dish. (The potatoes may be prepared to this point up to 6 hours ahead; cover and refrigerate. Add 5 to 10 minutes to the baking time.)

In a small bowl, thoroughly mix the remaining 2 Tbs. Pecorino and 2 tsp. horseradish with your fingers. Sprinkle over the potatoes. Bake until the potatoes are heated through and the tops are golden brown, about 20 minutes. Sprinkle with chives.



HORSERADISH

Horseradish, a member of the mustard family, has a root that's hot and pungent. Although you can find fresh horseradish roots at some supermarkets (it adds a fiery kick to foods when grated), more people are likely better acquainted with bottled prepared horseradish, which is grated horseradish pickled in a vinegar brine. Horseradish is a main ingredient (along with ketchup) of cocktail sauce and is used to spice up Bloody Marys and in mignonette sauce for raw oysters. Combined with cream, it makes a tasty sauce for beef.

Harvested in early spring or late fall, when its flavor is strongest, fresh

horseradish root has been used for centuries in Europe as a prized flavoring and medicinal herb.

SHOP For fresh horseradish, look for plump, firm, crisp roots, usually available in fall and spring. Prepared horseradish differs somewhat from brand to brand, so taste several to find which you like best.

STORE Keep fresh horseradish wrapped in damp paper towels and sealed in a plastic bag. It will keep in the refrigerator for up to 2 weeks. Prepared horseradish can last in the refrigerator for up to several months.



Make Ahead

You can make the dressing and prep the almonds and arugula up to a day ahead. Grate the carrots and chop the cilantro an hour or two ahead, but grate the celery root shortly before serving, as it may oxidize and turn brown if done earlier.

arugula, carrot, and celery root salad with almonds

This salad has everything going for it—spicy arugula, sweet grated carrots and celery root, crunchy almonds—all topped off with a vibrant honey-mustard vinaigrette. Serves 10 to 12

- 2 Tbs. apple cider vinegar
- 2 Tbs. honey
- 1 tsp. Dijon mustard
- 6 Tbs. extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 6 medium carrots (1 lb.)
- 1 medium celery root (¾ to 1 lb.)
- 6 lightly packed cups baby arugula (about 6 oz.)
- ¾ cup sliced almonds, toasted
- ½ cup chopped fresh cilantro

In a small bowl, whisk the vinegar, honey, and mustard. Whisk in the oil and season with ½ tsp. salt and a few grinds of pepper.

Peel and trim the carrots and celery root, then grate them in a food processor fitted with a medium grating disk. Transfer to a large bowl. Add the arugula, half of the almonds, and half of the cilantro; toss with the vinaigrette. Season to taste with salt and pepper. Sprinkle with the remaining almonds and cilantro and serve.



CELERY ROOT

Celery root (or celeriac) tastes deliciously like sweet celery with a texture somewhat like a potato. For a fine winter salad, grate raw celeriac and toss it with homemade mayonnaise and Dijon mustard. Add slices to split-pea, bean, or lentil soup for a wonderful soft, sweet celery flavor. Layer slices with Yukon Gold potatoes, cream, and Gruyère for a gratin, or boil with potatoes and mash into a purée.

SHOP Celery root should feel firm, dense, and quite heavy for its size. Avoid any that are soft or flabby or that show brown, moist spots, which are signs of rot. The best roots have a good, sweet, earthy smell.

STORE Keep celery root dry, cool, and in the dark, where it can last 8 to 12 days before showing any signs of deterioration.



roasted winter vegetables with a maple-ginger glaze

Thin matchsticks of ginger roast along with the vegetables, absorbing the butter and maple syrup so that they caramelize and become soft, chewy, and irresistible. Some minced ginger is also tossed in at the end to add a fresh, sharp finishing note.

Serves 4

- ½ lb. parsnips, peeled and cut into 2x½-inch sticks**
- ½ lb. carrots (about 3 or 4), peeled and cut into 2x½-inch sticks**
- ½ lb. turnips (about 2 medium or 1 large), peeled and cut into thin wedges**
- ½ lb. Brussels sprouts, stems trimmed and any wilted leaves pulled off; large sprouts halved**
- 1 2-inch piece fresh ginger, peeled and sliced into very thin matchsticks (about ½ cup)**
- 3 Tbs. unsalted butter, melted**
- Kosher salt and freshly ground black pepper**
- 1 tsp. grated fresh ginger**
- 1½ Tbs. pure maple syrup**

Heat the oven to 425°F. Spread the vegetables and the ginger matchsticks in a large, low-sided roasting pan or a heavy rimmed baking sheet. Drizzle with the butter and season with salt and pepper. Toss to evenly coat the vegetables and spread them so that they're just one layer deep. Roast the vegetables, tossing a couple of times, until tender and golden brown in spots, about 30 minutes. Combine the grated ginger and maple syrup. Drizzle the vegetables with the maple-ginger mixture, toss, and roast for another 5 minutes. The vegetables should be very tender and browned in spots. Serve warm.



TURNIPS

These humble root vegetables really shine in the winter; in frosty weather, the turnip plant converts more of the starch in the root into sugar, balancing their strong and peppery upfront flavor. Roasting turnips, alone or along with other root vegetables, brings out this natural sweetness. Good flavor pairings include apples, bacon, sage, mustard, and spices like cumin and coriander.

SHOP Look for turnips that feel firm and heavy for their size, with crisp flesh. Avoid turnips that are soft or flabby or have brown, moist spots, which are signs of rot. Turnips tend to get woody as they grow, so the best ones are less than 4 inches in diameter.

STORE Store turnips in a plastic bag in the refrigerator for up to 2 weeks. If the turnips still have their greens attached, remove them before storing because they can draw moisture out of the roots. The greens are edible, with a similar taste to collards, kale, or other hardy greens; if you'd like to cook the greens, store them separately.

farfalle with golden beets, beet greens, and prosciutto

On a cool autumn evening, this hearty pasta dish really hits the spot. Sweet beet roots are complemented by salty prosciutto and rich Parmigiano-Reggiano; beet greens add great texture. If golden beets are unavailable, you can use red beets, but your pasta will turn pink. Serves 6

Kosher salt

- 2 bunches golden beets with healthy green tops**
- 6 Tbs. extra-virgin olive oil**
- 2 medium yellow onions, quartered lengthwise and sliced crosswise ½ inch thick**
- 6 oz. ¼-inch-diced prosciutto**
- 8 medium cloves garlic, minced**
- 1 cup lower-salt chicken broth**
- ½ cup dry white wine**
- 2 tsp. minced fresh rosemary**
- 1 lb. farfalle**
- ¾ cup freshly grated Parmigiano-Reggiano; more for serving**
- Coarsely ground black pepper**

Bring a large pot of well-salted water to a boil over high heat.

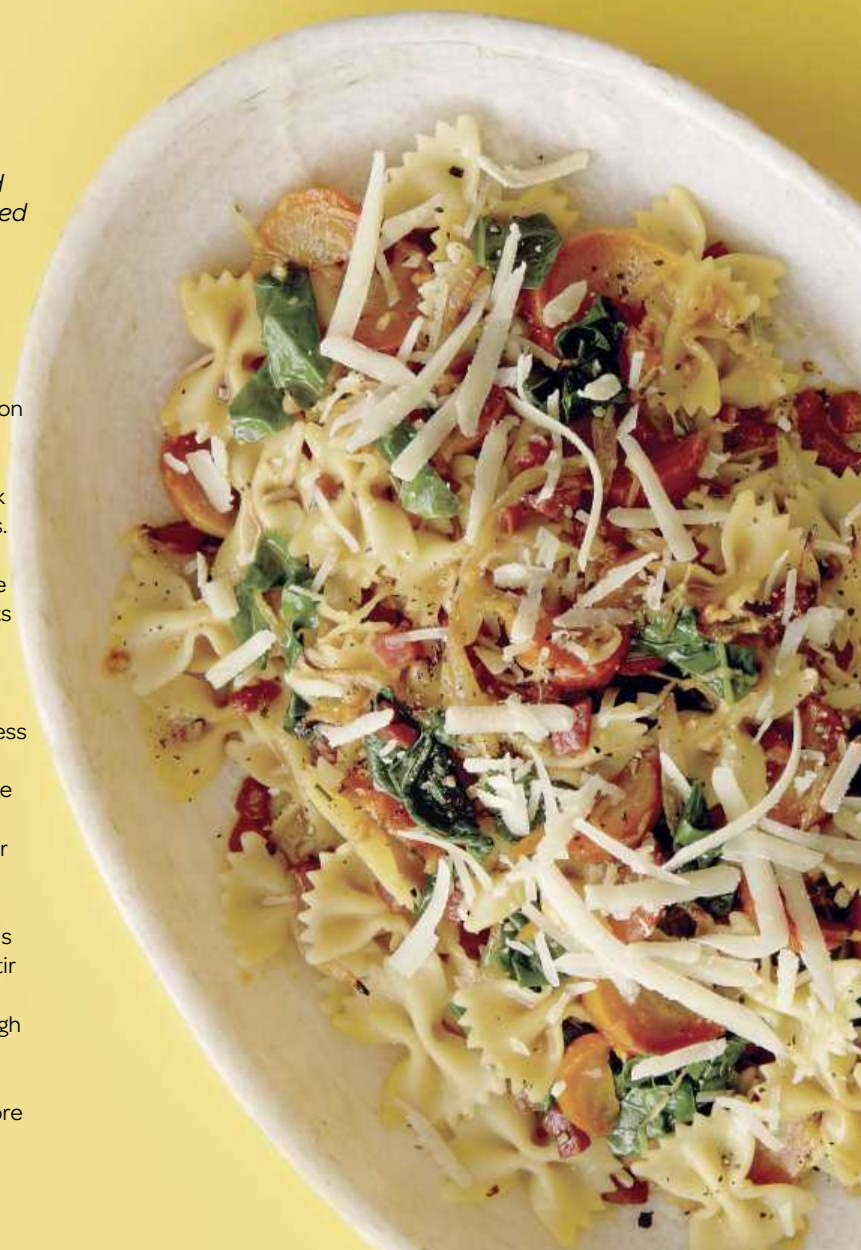
Meanwhile, trim, peel, and halve the beets, then slice them into ¼-inch-thick half-moons. Remove the stems from the greens and discard. Wash the greens, spin them dry, and slice into 1-inch strips.

Heat 2 Tbs. of the olive oil in a 6-quart Dutch oven over medium heat. Add the onions

and prosciutto and cook, stirring often, until the onion is tender and browned, about 10 minutes. Add the garlic and stir for 2 minutes. Push the onion mixture to the sides and pour 2 Tbs. olive oil into the empty space. Add the beets and cook until just tender, 5 to 7 minutes. Stir in the broth, wine, and rosemary, and simmer until the liquid evaporates and the beets are completely tender, 10 to 15 minutes.

Meanwhile, boil the farfalle until al dente, about 1 minute less than package directions. Drain the pasta, reserving 1 cup of the cooking water.

Scatter the beet greens over the beet mixture, drizzle with the remaining 2 Tbs. olive oil, cover, and cook until the greens are tender, about 3 minutes. Stir in the pasta and Parmigiano-Reggiano. If needed, add enough of the pasta cooking liquid to moisten. Season to taste with salt and pepper. Serve with more Parmigiano.



BEET

Full of sweetness and saturated color, beets become tender and full-flavored when cooked—an ideal ingredient for salads, side dishes, and soups. And although we think of beets mainly as root vegetables, in truth, the whole plant is edible. You can use the small, tender leaves raw in salads, and sauté or braise the larger leaves as you would Swiss chard or kale. While most of us are familiar with red-purple beets, there are also golden and striped beets (the latter known as Chioggia beets), as well as white ones. Your best bet for finding such varieties is at a farmers' market. Baby beets are beets harvested when young. These tiny beets will cook more quickly.

SHOP Look for smooth skins and tails that aren't too shaggy. If the greens are attached, that's a good sign of freshness in general, but look specifically for the bunch with the brightest and greenest leaves.

STORE Kept in a cool place, beets will last for weeks. Store both roots and leaves in a loosely closed plastic bag in the crisper drawer of the refrigerator.



rutabaga gratin with prosciutto and gruyère

The cream in this gratin tames the rutabaga's sharp edge and brings out its sweetness. Serve with simple roast chicken and a garden salad. Serves 4 to 6

- Kosher salt**
- 2 lb. rutabaga, peeled, halved, and sliced ½ inch thick**
- 2 Tbs. unsalted butter, softened**
- 2 oz. thinly sliced prosciutto (about 4 slices), cut into small squares**
- ¾ cup coarse fresh breadcrumbs**
- 1 small clove garlic, smashed to a paste with a pinch of salt**
- Freshly ground black pepper**
- 1½ oz. Gruyère, grated (½ cup)**
- 2 tsp. chopped fresh thyme**
- 1 cup heavy cream**


Position a rack in the center of the oven and heat the oven to 400°F.

Bring a 4-quart pot of well-salted water to a boil over high heat. Add the rutabaga and cook until just tender, about 6 minutes. Drain well and spread out on a baking sheet to let cool at room temperature.

Coat an 11-inch (1½-quart capacity) oval gratin dish (or other small gratin dish) with about ½ Tbs. of the butter. In a 10-inch skillet,

melt the remaining butter over medium heat. Add the prosciutto and cook, stirring occasionally, until just beginning to brown and crisp, about 2 minutes. Off the heat, toss the breadcrumbs and garlic with the prosciutto and butter. Set aside.

Arrange a single layer of rutabaga slices in the gratin dish, slightly overlapping. Season evenly with salt and pepper and sprinkle half of the Gruyère and thyme on top. Repeat with another layer of rutabaga, salt, pepper, and the remaining Gruyère and thyme. Top with a final layer of rutabaga and season again with salt and pepper. (You can prepare the recipe to this point up to 2 hours ahead. Cover and keep at room temperature.)

Bring the cream to a simmer in a small saucepan. Gently pour the cream over the rutabaga and scatter the prosciutto mixture on top. Bake until the rutabaga can be easily pierced with a fork, and the prosciutto topping is deeply golden, 25 to 30 minutes. Let sit for about 10 minutes before serving. 



RUTABAGA

Rutabagas, also known as Swedes or Swedish turnips, are best at about 4 inches in diameter or smaller.

Before cooking, peel off their tough waxed skin and outer layer of flesh, and then cut them into chunks. A rutabaga tastes a bit like a turnip but stronger, with a denser texture and a good deal of sweetness. Rutabagas are good in lamb stew with potatoes, onions, and garlic, or steamed and puréed to serve with game like venison.

SHOP Choose firm rutabagas that feel heavy for their size.

STORE If the greens are still attached when you buy your rutabaga, remove them before storing the bulb in a plastic bag in the refrigerator for up to 2 weeks.





What's for *dessert?*

We've got the answer! Fresh and flavorful, these fruit-filled sweets make the most of the season's best.



spiced cranberry-almond shortcakes

Lightly cooked with warm, aromatic spices, the cranberries soften and get nicely juicy. Serves 8

FOR THE SHORTCAKES

- 6 oz. (1½ cups) unbleached all-purpose flour; more as needed
- 3 oz. (¾ cup) almond flour (also called almond meal)
- ¼ cup plus 2 tsp. granulated sugar
- 1 Tbs. baking powder
- ½ tsp. baking soda
- ½ tsp. table salt
- 2 cold hard-cooked large egg yolks
- 4 oz. (8 Tbs.) unsalted butter, 6 Tbs. cold and cut into ½-inch cubes, 2 Tbs. melted
- 1 cup sour cream
- ¼ cup sliced almonds

FOR THE FILLING

- 8 whole cloves
- 1 cup granulated sugar
- 4 thin slices peeled fresh ginger
- 1 lb. fresh or frozen cranberries (about 4 cups)
- 1 cup heavy cream
- 3 Tbs. granulated sugar
- ½ vanilla bean, seeds scraped, or ½ tsp. vanilla extract or paste

MAKE THE SHORTCAKES

Combine the flour, almond flour, ¼ cup of the sugar, baking powder, baking soda, and salt in a food processor and pulse to combine. Crumble in the egg yolks, add the cubed butter, and pulse until the pieces of butter are no larger than peas, about eight 1-second pulses.

Transfer to a large bowl, add the sour cream, and combine with a fork until the sour cream is mostly incorporated. Using your hand, gently fold and press the shaggy dough against the side of the bowl until all the dry bits are incorporated and it comes together in a cohesive but slightly tacky ball.

Line a large rimmed baking sheet with parchment paper.

Turn the dough out onto a lightly floured work surface and shape into a 1-inch-thick rectangle (about 9x5 inches). Use a bench knife or chef's knife to cut the dough into 8 equal rectangles and set them about 1 inch apart on the prepared baking sheet. Freeze for 45 minutes.

Position a rack in the center of the oven and heat the oven to 400°F. Brush the tops of the shortcakes with the melted butter, and sprinkle with the sliced almonds and remaining 2 tsp. sugar. Bake until golden, 15 to 17 minutes. Cool for 3 minutes on the baking sheet, then transfer to a rack to cool completely.

MAKE THE FILLING

Wrap the cloves in a piece of cheesecloth and tie with butcher's twine.

Combine the cloves, sugar, ginger, and 1 cup water in a 3-quart saucepan. Cook over medium-high heat, stirring occasionally, until the sugar dissolves, about 2 minutes. Reduce the heat to medium low and simmer until the cloves are very fragrant, 3 to 5 minutes. Add the cranberries and cook, gently stirring occasionally, until most have popped but some retain their shape, 8 to 10 minutes.

Transfer the cranberries to a medium bowl and set aside to cool (discard the cloves and ginger).

In a large bowl, whisk the cream, sugar, and vanilla bean, extract, or paste to medium-stiff peaks.

Using a serrated knife, split the shortcakes horizontally. Mound the cranberries on the bottom halves. Top with the whipped cream and the other shortcake halves and serve.



grapefruit upside-down cake with rosemary, almonds, and browned butter

Ruby Red grapefruit looks especially pretty on this cake. Grapefruit is an unusual fruit for a cake, but it's surprisingly delicious. Yields one 10-inch cake; serves 6 plus leftovers

- 2 cups slivered almonds, toasted
- 2 Tbs. coarsely chopped fresh rosemary
- 2 Tbs. honey
- 2 tsp. pure vanilla extract
- 12 oz. (1½ cups) unsalted butter; more for the pan
- 2 cups granulated sugar; more for the pan
- 1 cup all-purpose flour
- 10 large egg whites
- 2 red grapefruit, peel and pith removed, sectioned and drained on a paper towel

In a food processor, pulverize the toasted almonds to a fine powder and set aside. Finely chop 1 Tbs. of the rosemary. In a small bowl, stir the finely chopped rosemary, the honey, and the vanilla and set aside.

In a medium, heavy-based saucepan, melt the butter with the remaining 1 Tbs. rosemary. Cook until the butter begins to brown and has a nutty aroma, about 10 minutes; watch carefully and stir a little so it doesn't burn. Let cool to room temperature.

Butter the bottom and side of a 10-inch round springform pan with a 3-inch rim. Line the bottom with parchment; butter the parchment and dust it lightly with sugar.

In a large bowl, mix the sugar, flour, and almonds. In another bowl, beat the egg whites to soft peaks. Pour the butter into the dry ingredients. Add the honey mixture; mix thoroughly with a wooden spoon or rubber spatula. Gently fold in the egg whites until incorporated.

Heat the oven to 350°F. Arrange the grapefruit sections in a nice pattern in one layer on the bottom of the cake pan. Pour the batter over the fruit. Bake until the cake is well risen, firm on top, and a toothpick stuck into the center comes out clean, 65 to 75 minutes. You may want to put a piece of foil on the oven's lower shelf to catch any drips.

Let the pan cool on a rack for 15 minutes. Set a serving plate over the cake pan and invert the cake onto the plate. Gently lift off the pan. Slice and serve warm.



blood orange and mango sorbet

Stunning, sweet blood oranges star in this refreshing dessert.

Yields about 1 quart; serves 8

- 3 medium ripe mangos, peeled and cut into chunks**
- 2½ cups blood orange juice (from 7 to 8 medium blood oranges)**
- 1 cup granulated sugar**
- 1 Tbs. fresh lemon juice**
- 1 Tbs. finely grated blood orange zest**

Purée the mango and blood orange juice in a blender on high speed until smooth. Strain through a fine strainer into a large measuring cup. You should have about 4 cups.

Combine the sugar and about one-quarter of the purée in a medium saucepan; cook over medium heat, stirring until the sugar has dissolved completely, about 2 minutes. Stir into the remaining purée and add the lemon juice and blood orange zest. Refrigerate until thoroughly chilled.

Freeze in an ice cream maker according to the manufacturer's instructions.



lemon tea cake

Take a look at the ingredient list of this delightful, not-too-sweet cake: You'll find the surprising elements of coriander and caraway seeds. The caraway is a perfect contrast to the lemon, while the coriander adds a floral, lemony flavor of its own. **Yields one 4½ x 8½-inch loaf; serves 10 to 12**

- 9 oz. (2 cups) all-purpose flour; more for the pan**
- 2 tsp. baking powder**
- ½ tsp. table salt**
- 4 oz. (½ cup) unsalted butter, softened at room temperature; more for the pan**
- ¼ cup lightly packed finely grated lemon zest**
- 1 cup granulated sugar**
- 2 large eggs, at room temperature**
- 2 tsp. ground coriander**
- ¾ tsp. ground mace**
- ¾ cup whole milk, at room temperature**
- 2 tsp. caraway seeds**

Lemon Curd for serving (optional; see the recipe below)

Position a rack in the middle of the oven and heat the oven to 350°F. Generously butter and flour a 4½ x 8½-inch loaf pan (Pyrex is fine).

Sift the flour, baking powder, and salt together into a medium bowl.

In a large bowl, beat the butter and lemon zest with an electric mixer on medium speed until light and smooth, about 1 minute (if you're using a stand mixer, use the paddle attachment). Add the sugar, eggs, coriander, and mace; beat until smooth. Add half of the milk and beat just until blended (the batter may look curdled; that's fine). Reduce the speed to low, add the flour mixture in two batches, beating just until blended and scraping the bowl with a rubber spatula as needed. Add the remaining milk and mix on low just until blended. Stir in the caraway seeds with a rubber spatula. Transfer the mixture to the prepared pan and smooth the top with a rubber spatula.

Bake until a wooden pick inserted in the center comes out clean, 60 to 65 minutes. Let cool in the pan on a rack for 10 minutes. Run a table knife around the inside of the pan, invert the cake out of the pan, flip it right side up onto the rack, and let it cool completely. (The cake will keep, tightly wrapped, at room temperature for up to 3 days.) Use a serrated knife to slice (the slices are fragile, so take care not to make them too thin). Serve with lemon curd, if you like.



lemon curd

Yields about 1¼ cups

- 4 oz. (½ cup) unsalted butter**
- ¾ cup granulated sugar**
- ½ cup fresh lemon juice**
- 3 Tbs. lightly packed finely grated lemon zest**
- Pinch salt**
- 6 large egg yolks**

Melt the butter in a heavy medium saucepan over medium heat. Remove the pan from the heat and whisk in the sugar, lemon juice, zest, and salt. Whisk in the yolks until smooth. Return the pan to medium-low heat and cook, whisking constantly, until the mixture thickens, 5 to 6 minutes. To check if the curd is thick enough, dip a wooden spoon into it and draw your finger across the back of the spoon; your finger should leave a path. Don't let the mixture boil. Immediately force the curd through a fine sieve into a bowl using a rubber spatula. Let cool to room temperature, whisking occasionally. Refrigerate, covered, until ready to use.



french apple turnovers

Called *chaussons aux pommes* (apple slippers) in French, these classic pastries—made here with frozen puff pastry—are a terrific weeknight treat. For added flavor, mix 2 Tbs. of chopped raisins with the apples or add a splash of brandy with the cinnamon and sugar. Serve with vanilla ice cream. **Serves 4**

- 1 Tbs. unsalted butter
- 1 large sweet apple, such as Gala or Honeycrisp, peeled, cored, and thinly sliced
- 1 Tbs. plus 1 tsp. granulated sugar
- $\frac{1}{4}$ tsp. ground cinnamon
- Kosher salt
- 1 large egg
- 1 sheet frozen puff pastry (from a 17.3-oz. box), thawed overnight in the refrigerator and cut into four equal rectangles

Position a rack in the center of the oven and heat the oven to 425°F.

Melt the butter in a 12-inch skillet over medium heat. Add the apple slices and cook, stirring often, until softened, about 4 minutes. Sprinkle 1 Tbs. of the sugar, the cinnamon, and $\frac{1}{4}$ tsp. salt over the apples; cook, stirring often, for 1 minute more. Remove from the heat.

In a small bowl, beat the egg with 2 Tbs. of water. Lightly brush the edges of each pastry rectangle with some of the egg wash. Spread the cooked apples and any juice over half of

the long side of each rectangle but not over the egg wash border. Fold the pastry half without apples over the side with apples, long side to long side. Press to seal the edges tightly and transfer to a large rimmed baking sheet.

Brush the tops with some of the remaining egg wash and sprinkle each with $\frac{1}{4}$ tsp. of the remaining sugar.

Bake until puffed and golden, about 16 minutes. Serve warm.



choosing apples

When you're shopping for apples, look for hard, fresh-smelling fruit with a full aroma and a smooth, tight skin. Good-tasting apples aren't necessarily pretty—some of the best varieties aren't—but they should be free of bruises and blemishes. Remember that when an apple ripens, flesh softens, sweetness intensifies, acidity drops, and color and aroma increase. During the harvest in North America, from late August through November, many apple varieties are available for just a short time—even just a few weeks. Many varieties must be sold and eaten soon after they're harvested. Unfortunately, after months of storage, apples may look great but can be mealy and mushy.





brandied banana parfaits

These parfaits are inspired by classic banana pudding, but brandy adds a refined touch. They're the perfect ending for a casual dinner party. Serves 8

- 1 vanilla bean
- 3 cups whole milk
- $\frac{1}{3}$ cup granulated sugar
- $\frac{1}{4}$ tsp. kosher salt
- $\frac{1}{4}$ cup cornstarch
- 5 large egg yolks
- $\frac{1}{2}$ cup plus 1 Tbs. brandy
- 5 ripe large bananas; 3 halved lengthwise and sliced into $\frac{1}{2}$ -inch-thick half-moons, 2 thinly sliced
- 1 cup heavy cream
- 5 oz. Nilla wafers, crushed into bite-size pieces (about $\frac{1}{2}$ cup)

Split the vanilla bean in half lengthwise, scrape the seeds into a 2-quart saucepan, and then drop in the pod. Add 2 cups of the milk, the sugar, and salt. Bring to a simmer over medium-low heat, stirring occasionally.

In a medium bowl, whisk the remaining 1 cup milk with the cornstarch until smooth. Whisk in the egg yolks, then slowly whisk in the hot milk mixture. Return to the saucepan and cook over low heat, stirring slowly and constantly with a silicone spatula, until smooth and thick, about

4 minutes. Remove from the heat and stir in 1 Tbs. of the brandy.

Strain the pudding through a medium-mesh sieve into a wide, shallow bowl. Press plastic wrap directly onto the surface, and then refrigerate until cool, about 45 minutes.

Meanwhile, in a 2-quart saucepan over medium-low heat, simmer the banana half-moons in the remaining $\frac{1}{2}$ cup brandy, stirring occasionally, until the brandy is syrupy, about 5 minutes. Let cool to room temperature, about 45 minutes. Fold into the pudding.

In a medium bowl, using a whisk or a hand-held electric mixer, beat the cream until medium peaks form, about 3 minutes.

Set aside 3 Tbs. of the crumbled cookies. Layer the rest with the pudding and banana coins in eight glasses. Top each parfait with a dollop of whipped cream. Refrigerate until cold, at least 30 minutes and up to 1 day. Just before serving, sprinkle the reserved crumbled cookies on top.



butterscotch baked pears

This dessert is perfect with a scoop of vanilla ice cream. Serves 4

- 4 ripe but firm pears
- $\frac{1}{2}$ lemon
- 3 oz. (6 Tbs.) butter, cut into pieces
- $\frac{1}{4}$ cup sugar
- $\frac{1}{4}$ cup firmly packed dark brown sugar
- $\frac{2}{3}$ cup heavy cream
- 1 tsp. vanilla extract
- $\frac{1}{2}$ tsp. salt
- 1 Tbs. Scotch whisky (optional)

Heat the oven to 375°F. Peel the pears, cut them in half lengthwise and, using a melon baller, scoop out the cores. Rub them all over with the lemon half to prevent browning.

In a large (10-inch), heavy-based, oven-proof skillet, melt the butter. Add the sugar and brown sugar and stir to dissolve. Arrange the pears in the pan, cut side down, in a single layer. Bake the pears uncovered, basting occasionally with the liquid in the pan, until they begin to soften and color slightly. Depending on the pears' ripeness, baking time can range from 20 minutes to 1 hour. Remove the pears with a slotted spoon and set aside.

Transfer the pan to a burner and boil the mixture left behind over medium-high heat until it reaches a rich, golden-brown color and smells like caramel, 2 to 5 minutes. Slowly whisk the cream into the caramel until smooth. Add the vanilla, salt, and Scotch, if using. Serve the sauce over the warm pears.



pear-cranberry linzer tart

Linzer dough is traditionally made with almonds, but the walnuts here are sublime with the fruit. It's important to mix this dough very well and chill it thoroughly; it's more like a cookie dough than a pastry dough. The cooked egg yolks give the dough a cakey quality that's unequalled by any substitute. The raw yolks bind the dough and add extra richness. Yields one 9-inch tart; serves 8

FOR THE DOUGH

- 4 oz. (1 cup) walnuts, lightly toasted
- ½ cup granulated sugar
- 8 oz. (1¾ cups) all-purpose flour
- 1 tsp. ground cinnamon
- 1 tsp. finely grated lemon zest
- ½ tsp. table salt
- ⅛ tsp. ground cloves
- 2 hard-cooked egg yolks, crumbled
- 8 oz. (1 cup) cold unsalted butter, cut into ½-inch pieces
- 2 raw egg yolks
- ½ tsp. pure vanilla extract

FOR THE FILLING

- 6 Tbs. all-purpose flour
- 2 lb. ripe pears (preferably Comice or Bosc), peeled, cored, and cut into ½-inch slices (about 4 cups)
- 1 cup fresh or frozen cranberries, picked through and rinsed
- ½ cup granulated sugar

TO FINISH

- 1 egg yolk
- ¼ cup heavy cream or whole milk

MAKE THE DOUGH

In a food processor, grind the walnuts with the sugar to a sandy texture. Add the flour, cinnamon, lemon zest, salt, cloves, and crumbled hard-cooked egg yolks. Pulse briefly to combine. Add the butter and pulse until the dough starts to come together and looks clumpy. Add the raw yolks and vanilla and pulse until well combined. The dough will be sticky and moist, more like a cookie dough than a pastry dough. Cut the dough in half (each piece should be about 12¾ oz.), set each half on a large piece of plastic, and shape each into a flat disk, using the plastic to help you flatten. Wrap each disk in its plastic and refrigerate for at least 1 hour.

ASSEMBLE AND BAKE THE TART

On a floured work surface, roll each disk of dough into an 11-inch round about ¼ inch thick. Put one round on a plate and refrigerate, uncovered. Fit the other round into a 9-inch fluted tart pan with a removable bottom. Fold the excess dough into the sides of the pan and press to get an edge flush with the top of the pan, about ⅓ inch thick. Sprinkle 2 Tbs. of the flour on the bottom of the tart and spread to evenly cover. Toss the pears and cranberries with the remaining ¼ cup flour. Arrange the fruit in the tart shell so that the pears lie as flat as possible and there are some berries showing on top. Scrape any remaining flour over the fruit and sprinkle with the sugar. Take the other piece of dough from

the refrigerator and cut it into eight 1-inch-wide strips.

Arrange four strips, evenly spaced, over the top of the tart. Then, on a sharp diagonal to the first four, set the other four strips on top so that the overlapping layers make diamond-shaped windows. Trim the ends of the strips and press them into the edges of the tart.

Position an oven rack on the bottom rung. Line a heavy rimmed baking sheet with foil and set it on the rack. Heat the oven to 350°F.

Whisk the egg yolk with the cream or milk. Brush the tart's lattice top with the egg glaze. Bake on the baking sheet until the pastry is golden brown, 45 minutes to 1¼ hours. Let cool on a rack for 1 hour and serve slightly warm.





Easily remove the pit from an avocado with this simple method.

TECHNIQUE

Avocado pitting 101

For the **Avocado, Mango, and Pineapple Salad with Pistachios and Pickled Shallots** on p. 29, you'll be working with avocados. Releasing the slippery pit from an avocado can be tricky, but this method makes it simple:

Run a chef's knife around the avocado lengthwise and twist the halves in opposite directions to separate them. Put the half containing the pit on a cutting board, and carefully chop down on the pit. Twist and lift the knife with the pit attached. Use a kitchen towel to grasp the pit and pull it off the knife.

INGREDIENT

Shop & store avocados

Famously mashed to make guacamole, avocados are a unique fruit; they have a yellow-green, buttery, smooth, mild-tasting flesh surrounding a large stonelike pit. Avocados only ripen once picked. Some markets will offer avocados that are ripe and ready to eat as well as those that need more ripening, but more often than not, you will encounter rock-hard avocados that need a few days at room temperature to ripen. The biggest mistake people make when buying avocados is choosing ones that are too soft. To sort the ripe from the unripe at the store, cradle an avocado in your hand and press gently—don't poke or you'll bruise it. A perfectly ripe avocado should feel firm with a slight give, not soft. Once the flesh of an avocado is exposed, it discolors quickly, so it's best to use and serve them right away. The addition of lemon or lime juice will help slow down the discoloration, as will storing it, tightly wrapped, in the refrigerator.



INGREDIENT

Epazote

Also known as Mexican tea or wormseed, epazote is a pungent herb with an aroma reminiscent of citrus, tea, and parsley. It's typically paired with beans, especially black beans, as in the **Corn and Amaranth Griddlecakes with Spicy Black Beans** on p. 81.

Epazote is available fresh and dried. Look for it at Latin markets, or see p. 117 for a mail-order source.



INGREDIENT

Risotto: It's all in the rice

Well, maybe not entirely—the cooking method is important, too. But technique aside, you have to use the right kind of rice. Many of us have come to identify risotto with arborio, but other varieties, such as carnaroli, baldo, and vialone nano, make excellent risotto as well.

Compared to carnaroli and vialone nano, arborio and baldo have a higher starch content and tend to absorb less liquid, resulting in a stickier, more compact risotto. They're also less forgiving, going from just right to overcooked in a heartbeat.

Carnaroli and, even more so, vialone nano contain less starch and absorb lots of liquid, producing a creamier, fluid risotto. Vialone nano is especially suited to seafood risottos, which are traditionally looser.

Some supermarkets carry carnaroli in addition to arborio, but the other two are more of a gourmet shop product.

If you make the **Oyster Risotto with Fennel and Saffron** on p. 53, you know that a fresh batch of risotto takes at least 30 minutes to prepare. How then, you might wonder, does your favorite Italian restaurant manage to serve you a hot dish of perfectly cooked risotto in about 10 minutes? The answer is parcooking. If you try to make risotto ahead completely and then reheat it, it'll be overcooked and mushy. Instead, you can cook it until it's about halfway done—the rice should still be rather firm inside—and then spread it out on a baking sheet to stop cooking and cool. Cover the rice and set it aside at room temperature for up to 2 hours. When you're ready to serve the risotto, return it to the pot and resume adding hot liquid until it's perfectly al dente, a few minutes later.



TECHNIQUE

Peel and cube butternut squash

Many recipes, including the **Butternut Squash with Spinach, Raisins, and Pine Nuts** on p. 67 and the **Braised Mediterranean Chicken** on p. 75, call for diced butternut squash. Here's an easy method:



1 Square off the ends and cut the squash in two just above the bulbous end. Stand the sections on the flat ends and use a sharp knife (or vegetable peeler) to remove the tough outer peel, slicing from top to bottom.



2 Cut the rounded end in half lengthwise and scoop out the seeds.



3 Cut the squash into uniform 1/2- or 3/4-inch cubes so they'll cook evenly.

ING

Verjus

In the recipe for **Oysters on the Half-Shell with Verjus Mignonette Sauce** on p. 52, we call for an out-of-the-ordinary ingredient related to grapes: verjus. Here's the low-down on this delicious juice:

A byproduct of wine production, verjus (French for "green juice") is unfermented, unripe grape juice. In the vineyard, clusters of unripe grapes are picked to allow other grapes on the same vine to ripen more fully for winemaking. The "thinned" grapes are pressed, resulting in a juice with a sweet-tart taste—something like a thin Sauternes with a lemonade finish. Verjus is lower in acid than vinegar but still adds bright flavor to foods. And because of its low acidity, verjus doesn't compete with the flavor of wine. It's great on green salads and in fruit salads, in sauces for chicken and fish, and it also makes a wonderful addition to a grape sorbet or granita. Opened verjus will keep in the refrigerator for up to 2 months.



TECHNIQUE

How to pit an olive

Though kitchen gadgets are fun, you don't need an olive pitter to pit the olives for recipes like the **Romaine Salad with Hearts of Palm and Orange-Honey Vinaigrette** on p. 77. Instead, turn to your chef's knife or a small skillet or saucepan. The action is the same for both tools: Apply pressure with the bottom of the pan or the side of the knife until the olive splits, exposing the pit enough that it can be plucked away by hand. For soft black olives, use the knife. For firm green olives, use a skillet because more pressure is needed and the knife might slip. Plus, with a skillet, you can crack more than one olive at a time.

TIP

Two methods for degreasing a stew

Most **stews**, including those on pp. 54–61, taste better if excess fat is removed. While you can use a spoon to skim away the fat, it's awkward and time consuming to work around the pieces of meat and vegetables. Below are two more-effective ways to remove fat; which one you choose will depend on whether you'll be serving the stew right away or not.

If serving the stew right away Lay a clean paper towel over the surface of the stew, gently pushing it into all the bumps and dips and then quickly peel it off. The fat is absorbed by the paper. Repeat with more paper towels as necessary.



If serving later Let the stew cool to room temperature, uncovered, then refrigerate it. The fat will rise to the surface and solidify, so all you have to do is lift it off the top with a slotted spoon.

**TECHNIQUE**

Quicker beans

Soaking beans overnight for the **French Bean and Vegetable Soup** on p. 27 gives them a creamier texture and shortens their cooking time. But if you're in a hurry, there's a faster way:

Pick the beans over and then cook them in boiling water for 3 minutes. Remove from the heat, cover, and allow to sit for 1 hour. Drain and cook as instructed. The beans won't be quite as creamy as those soaked overnight, but the method will work in a pinch.

TICKETS ON
SALE
NOW



Peacock-tailing

/pē'kāk-te•ling / v.

Ordering obscure and unknown cocktails in order to draw attention to oneself.

See figure 1.

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TECHNIQUE

How to fillet a whole fish

While testing the **Braised Red Snapper Puttanesca** recipe on p. 69, we occasionally couldn't find snapper fillets, but we could find whole snappers. No problem—filleting a snapper (or any other similar fish) is easy if you follow these steps. Just be sure to use your sharpest knife, whether it's a fillet knife or a chef's knife.

Before you fillet a whole fish, it should be scaled. Doing the job yourself isn't difficult, but it's messy because the scales tend to fly all over and you find them in weird places around the kitchen for days after. For this reason, we always ask the fish monger to do the scaling for us. And actually, a good fish monger will also fillet the fish for you, but where's the fun in that?



1 Rinse the fish under running water and pat dry. Position it on a cutting board with its back toward you. Using a sharp knife held behind the gills and side fin, cut straight down halfway through the fish to the backbone, being sure to include the meaty spot right behind the top of the head.



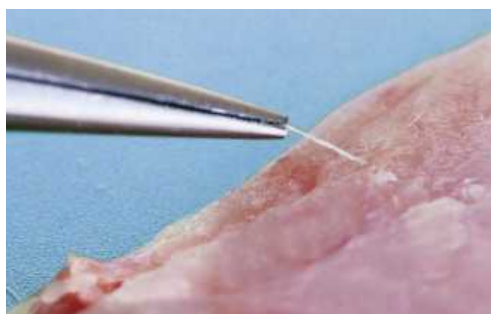
2 Turn the knife parallel to the board (at a 90-degree angle to your first cut) and cut along the spine from head to tail, removing the belly flap with the fillet. You'll need to apply a fair amount of pressure at first to break through the rib bones. As you cut, press down firmly on top of the fish to steady it.



3 Finish removing the fillet by cutting all the way through the skin at the tail. Repeat steps 1 through 3 on the other side of the fish.



4 Remove the rib bones and belly flap by cutting under the top of the rib bones to the bottom of the fillet at a 45-degree angle. There is some meat here, but on small fish it is minimal. (On larger fish like tuna, this fatty belly is thicker and very flavorful.)



5 Check for pin bones. Some fish have little bones that run along the midline of the fillet and are nearly impossible to see. To remove them, feel along the fillet to locate each bone and then pluck it out with a pair of clean needle-nose or fish pliers. Pull the bones out in the direction they are pointing, as you would a splinter.



6 Finally, put the fillet, skin side down, on the cutting board. Starting at the tail end and holding the knife parallel to the cutting board, slice between the flesh and the skin, as close to the skin as possible, until you can grasp the tail end of the skin with a paper towel. With the knife angled ever so slightly down toward the skin, slice along the skin, using a gentle sawing motion. As you slice, simultaneously pull on the tail skin in the opposite direction to maintain pressure on the cutting edge of the knife. If you miss a spot, trim it away.

INGREDIENT

Buying saffron: the redder the better

Let's clarify one thing right off the bat. Saffron, which you'll need to make the **Millet and Chickpea Salad** on p. 83, is indeed "the most expensive spice in the world" by weight. However, you need so little when cooking that it's actually cheaper to use than many everyday flavorings—a single lemon often costs twice as much as a pinch of saffron. And a pinch, which is 20 to 25 threads, is all you need in most cases.

When buying saffron, keep two rules in mind. First, buy saffron in threads only. Powdered saffron can contain other products, and it's difficult to know whether you're buying the pure spice. Second, look for saffron that contains only short, deep red threads (they're actually the stigmas from the saffron crocus). Lesser grades of saffron include threads with some yellow areas (which is the style part of the flower). This isn't a bad thing, but the yellow part doesn't have the same coloring and flavoring power as the red stigmas, so the saffron isn't as potent.



TIP

Storing salad greens

Keep the greens for salads like the **Escarole and Apple Salad** on p. 13 fresh for as long as 2 weeks with this method: Discard any leaves that have brown spots. Soak the greens in cold water for 15 to 30 minutes, then spin them dry. Wrap them loosely in dry paper towels and put them in a zip-top plastic bag. The towels absorb excess moisture, so the greens stay moist enough that they don't wilt but not so moist that they get soggy and rot. Partially seal the bag, gently squeeze out as much air as possible without crushing the greens, and then finish sealing the bag. This step slows deterioration. Store in your fridge's produce drawer.



TECHNIQUE

Clean leeks carefully

For the **Brussels Sprouts and Leeks with Lime-Ginger Butter** on p. 66, you'll need to clean leeks. Since leeks are grown with soil piled all around them, there is plenty of opportunity for dirt and grit to settle between their onion-like layers. The easiest way to clean a leek is to trim the root end and the dark green tops and cut it in half lengthwise (or, if you want to retain the appearance of whole leeks in your dish, just cut about two-thirds of the way through the stalk, as shown at left). Hold the leek root end up under cold running water and riffle the layers as if they were a deck of cards. Do this on both sides a couple of times until all the dirt has been washed out.

EQUIPMENT

Caring for enameled cast-iron cookware

For the **stews** on pp. 54–61, your enameled cast-iron Dutch ovens will see a lot of use. Here's how to keep them in great condition:

Let a hot pot cool before plunging it into water for washing; otherwise, thermal shock may cause cracking in the enamel.

Soak the pot in warm water for 15 to 20 minutes before washing, especially if it has heavy cooked-on food residue.

Don't use steel wool or other abrasive pads, which may scratch the enamel. Instead, try Bar Keepers Friend (a scouring powder available at most supermarkets) or Le Creuset's enameled cast-iron cookware cleaner. Or try boiling 2 Tbs. white vinegar with 3 quarts of water in the pot for about 15 minutes; then let cool, rinse, and wash with soap and water.



TIP

Stock up on cranberries

As the cranberry crop reaches peak harvest time in late fall, cranberries become abundant and sale prices abound. Because cranberries freeze really well, it makes sense to snap up extra bags when they go on sale and stash the unopened bags in your freezer. Later on in the spring or summer, when fresh cranberries have disappeared from the markets, you'll get to rediscover them and use them in baked goods, like the **Spiced Cranberry-Almond Shortcakes** on p. 99, and make a cranberry relish or sauce, too.

TIP

Unmolding made easy

Before you can serve a tart baked in a fluted tart pan (like the **Pear-Cranberry Linzer Tart** on p. 105), you have to unmold it from its pan. Rather than holding the base in your hand and having the rim slip awkwardly onto your arm, stabilize the pan on a bowl or soufflé dish that's a little smaller than the inside edge of the tart rim. Press gently on the rim so it slips down to the counter. Then move the tart on its base to the countertop and run a long, flat spatula between the tart and base to separate the two before transferring the tart to a serving plate.



CREDITS

Many of the recipes and photos in this issue have appeared previously in *Fine Cooking*. Listed here are the original authors and issue numbers. Unless otherwise noted, all photos are by Scott Phillips.

make it tonight

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Oyster Patties, Ralph Brennan, *FineCooking.com Web-Only Recipe, photo: Sara Essex Bradley*
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Oysters on the Half-Shell with Verjus Mignonette Sauce, Sam Hayward, #34, *photo: Judi Rutz*
Oyster Risotto with Fennel and Saffron, Allison Ehri Kreitler, not previously published

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and Leeks with Lime-Ginger Butter; Butternut Squash with Spinach, Raisins, and Pine Nuts, Susie Middleton, #126

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Middle Eastern Chickpea Burgers; Tzatziki, Ivy Manning, #136
Rustic Bean and Farro Soup; Joyce Goldstein, #50, *photo: Mark Thomas*
Tabbouleh with Dates and Pomegranate Vinaigrette, from *Meatless All Day* by Dina Cheney (Taunton, 2014), *photo: Kate Sears*

take root

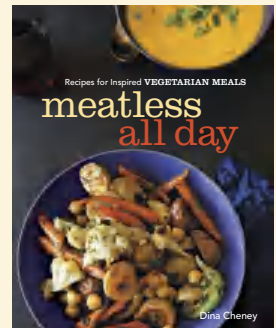
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Meatless All Day by Dina Cheney (The Taunton Press, 2014); photos © Kate Sears; food stylist: Paul Grimes.

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SOURCES



brussels sprouts
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ginger butter, **page 66**

- **Ginger peeler**, Oxo, \$14.99, Amazon.com.

corn and amaranth
griddlecakes with spicy
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- **Dried epazote**, \$3.45 for 0.55 oz., Penzeys.com, 800-741-7787.



stir-fried pork with
kimchi and shiitake,

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- **12-inch nonstick skillet**, from \$49.95, Chefscatalog.com, 800-338-3232.



pistachio pesto pizza, **page 34**

- **Emile Henry flame-top pizza stone**, \$60, Emilehenryusa.com, 302-326-4800.
- **Rösle pizza cutter**, \$26, Rosleusa.com, 302-326-4801.



lemon tea cake, **page 102**

- **Traditional finish loaf pan**, \$19.95, Williams-sonoma.com, 877-812-6235.



curly endive with walnuts,
pears, and goat cheese, **page 46**

- **Goat cheese**, from \$3.99 per package, Murrayscheese.com, 888-692-4339.



new ways with ancient
grains, **pages 80–89**

- **La Valletta pearled farro**, \$7.15 for 1.1 lb., Gustiamo.com, 718-860-2949.

From Bobsredmill.com,
800-349-2173:

- **Hulled millet**, \$3.09 for 28 oz.
- **Amaranth flour**, \$8.19 for 22 oz.
- **Teff flour**, \$7.29 for 24 oz.



oysters gratiné
on the half-shell,

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- **Oyster knife**, R. Murphy New Haven Shucker, \$16.12, Rmurphyknives.com, 888-772-3481.

twice-baked potatoes
with fresh horseradish,

page 93

- **Microplane Premium Classic Series**, \$24.90 for three-piece set, Us.microplane.com, 800-555-2767.
- **Horseradish root**, Melissas.com, 800-588-0151.

NUTRITION

RECIPE	CALORIES (KCAL)	FAT CAL (KCAL)	PROTEIN (G)	CARB (G)	TOTAL FAT (G)	SAT FAT (G)	MONO FAT (G)	POLY FAT (G)	CHOL (MG)	SODIUM (MG)	FIBER (G)
MAKE IT TONIGHT, p. 13											
Fennel-Rubbed Pork Tenderloin w/Escarole Salad	470	250	40	14	28	5	18	3	105	450	6
Crispy Catfish Po' Boys	810	330	35	86	36	5	17	12	110	1360	6
Maple-Thyme Roast Chicken	650	320	59	19	36	9	15	9	190	660	0
Linguine w/Hot Chile, Caramelized Onion & Gremolata	500	200	12	60	23	12	7	1.5	45	580	2
Prosciutto-Wrapped Halibut with Sage Butter Sauce	320	150	39	2	17	8	4	2	95	640	0
Sear-Roasted Rib-Eye with Creamed Chard	600	360	48	9	40	17	18	2	150	1100	3
Arugula, Feta, and Dill Frittata	310	210	19	4	24	8	11	2	500	580	0
Stir-Fried Pork with Kimchi and Shiitake	340	160	23	17	18	3.5	8	5	55	1700	3
REPertoire, p. 20											
Hoppin' John	870	340	30	104	38	15	17	5	45	1030	15
IN SEASON, p. 22											
Broccoli Leaf Tortellini Soup	240	80	14	29	9	4.5	3	1	30	390	2
Yuca Fries with Garlic Mojo	350	240	1	27	28	3.5	17	6	0	380	1
French Bean and Vegetable Soup	280	80	17	36	9	2	4	1	10	480	11
PICK UP PISTACHIOS, p. 28											
Avocado, Mango, and Pineapple Salad w/Pistachios	330	220	4	30	24	3.5	16	3.5	0	80	10
Arugula Salad with Dried Cherries and Pistachios	280	210	3	15	24	3	16	3	0	180	3
Pistachio-Crusted Cod Fillets	280	140	26	9	16	3	9	3	50	580	2
Parmigiano-Pistachio Frico	100	60	7	2	7	3	2.5	1	15	260	0
Pistachio-Cranberry Biscotti Straws	60	15	2	10	1.5	0	1	0	5	35	1
Apricot, Pistachio, and Chocolate-Chip Bars	340	140	4	49	15	8	4.5	1.5	30	85	2
Orzo with Pistachios and Lemon	290	70	10	45	8	1	4.5	2	0	460	3
Pistachio Pesto Pizza	1080	690	33	64	78	21	41	8	65	1450	4
Carrots with Pistachio-Herb Butter	170	90	4	17	10	4.5	3.5	1.5	15	450	5
Cherry-Pistachio Granola (per ½ cup)	280	100	7	40	11	1.5	5	3.5	0	70	5
Pistachio-Crusted Lamb Chops	300	170	19	15	19	3.5	10	3.5	45	320	2
Rice Pilaf w/Onions, Orange, Cherry, and Pistachio	320	100	7	49	12	4.5	4.5	2	15	210	3
WINTER SALADS, p. 40											
Simple Salad of Watercress, Leek, and Fennel	150	86	1	5	14	2	11	1	0	180	3
Spinach Salad w/ Roasted Sweet Potatoes & Vinaigrette	240	28	5	42	7	1	1	3	0	200	7
Winter Squash Slaw	120	6	1	30	1	0	0	.5	0	190	6
Curly Endive with Walnuts, Pears, and Goat Cheese	380	53	12	36	23	6	5	10	15	400	5
OYSTERS, p. 47											
Oysters Gratiné on the Half-Shell	150	90	4	11	10	6	2.5	1	35	170	1
Creamy Oyster and Shiitake Stew	270	200	5	15	23	11	9	1.5	75	570	2
Oyster Patties	530	380	13	26	42	21	10	2.5	105	700	1
Fried Oysters with Chipotle-Lime Remoulade	510	370	9	27	41	5	16	18	45	940	2
Oysters on the Half-Shell with Verjus Mignonette Sauce	20	15	1	1	1.5	1	.5	0	5	35	0
Oyster Risotto with Fennel and Saffron	290	100	9	40	11	6	2.5	1.5	45	390	2
WARMING STEWS, p. 54											
Moroccan Lamb Stew	790	400	52	39	45	16	17	9	165	850	9
Lamb and Prune Stew	700	370	46	35	41	15	15	8	165	470	6
Asian Pork Stew	490	220	48	17	25	8	9	7	140	670	3
Spicy Pork Stew with Peppers and Potatoes	550	220	49	29	25	8	9	7	140	470	3

RECIPE	CALORIES (KCAL)	FAT CAL (KCAL)	PROTEIN (G)	CARB (G)	TOTAL FAT (G)	SAT FAT (G)	MONO FAT (G)	POLY FAT (G)	CHOL (MG)	SODIUM (MG)	FIBER (G)
Veal Stew with Bacon and Winter Vegetables	530	120	65	24	14	3.5	4.5	3	260	700	4
Italian-Style Beef and Porcini Stew	460	120	53	22	14	4.5	5	2.5	145	640	5
Beef Stew with Root Vegetables and Horseradish	470	120	51	28	13	4	5	2.5	140	500	5
SLOW-SAUTÉED WINTER VEGETABLES, p. 62											
Carrots and Parsnips with Bacon and Thyme	140	50	3	20	6	1	4	.5	5	280	4
Broccoflower and Mushrooms w/ Garlic & Rosemary	150	100	4	10	11	2.5	7	1	5	210	3
Brussels Sprouts and Leeks with Lime-Ginger Butter	160	100	4	14	11	3.5	6	1	10	220	4
Butternut Squash with Spinach, Raisins, and Pine Nuts	290	160	6	32	18	6	8	2.5	20	280	5
QUICK-BRAISED FISH, p. 68											
Braised Red Snapper Puttanesca	320	150	31	12	17	2.5	12	2.5	50	1360	0
Salmon Braised in Pinot Noir	480	190	36	11	22	11	6	2.5	145	440	2
Braised Cod with Fennel, Potatoes, and Littlenecks	340	110	33	21	12	1.5	8	1.5	75	530	4
MEDITERRANEAN MAKE-AHEAD MENU, p. 72											
Braised Mediterranean Chicken	820	340	52	70	38	8	20	7	130	990	13
Savory Lemon Garnish	0	0	0	0	0	0	0	0	0	360	0
Couscous with Chickpeas and Pistachios	250	80	7	35	9	1	6	1	0	250	4
Romaine Salad w/Hearts of Palm & Vinaigrette	210	150	2	13	17	2	9	6	0	440	2
Crisp Pear Strudel	460	140	3	79	15	7	6	1	30	50	3
NEW WAYS WITH ANCIENT GRAINS, p. 80											
Corn & Amaranth Griddlecakes w/ Spicy Black Beans	600	230	22	75	26	8	10	5	75	1410	17
Millet and Chickpea Salad	270	110	5	33	13	2	9	2	0	250	5
Swiss Chard, Sweet Potato, and Feta Tart in a Teff Crust	490	270	12	44	31	16	10	1.5	125	1270	6
Middle Eastern Chickpea Burgers	260	110	9	30	12	1.5	6	4	25	470	7
Tzatziki	15	10	1	0	1	1	0	0	0	20	0
Rustic Bean and Farro Soup	330	110	16	43	12	2	7	2	10	820	7
Tabbouleh with Dates and Pomegranate Vinaigrette	350	100	10	57	11	1.5	7	2	0	440	11
TAKE ROOT, p. 90											
Parsnip and Leek Soup with Cumin and Mustard Seeds	200	70	6	29	8	2.5	4	1	10	140	5
Mashed Potatoes with Parsley Root	150	28	3	24	4.5	3	1.5	0	10	170	3
Twice-Baked Potatoes with Fresh Horseradish	400	220	8	37	25	16	5	1	70	550	4
Arugula, Carrot, and Celery Root Salad with Almonds	130	90	2	10	10	1	7	1.5	0	110	2
Roasted Winter Vegetables with a Maple-Ginger Glaze	210	80	4	31	9	5	3	1	25	320	8
Farfalle with Golden Beets, Beet Greens & Prosciutto	590	190	25	72	21	5	12	2.5	35	1410	7
Rutabaga Gratin with Prosciutto and Gruyère	280	200	7	14	22	13	6	1	80	850	3
WHAT'S FOR DESSERT?, p. 98											
Spiced Cranberry-Almond Shortcakes	790	430	10	87	48	24	12	2	185	550	6
Grapefruit Cake w/Rosemary, Almonds, and Butter	520	57	8	52	33	15	13	3	60	50	3
Blood Orange and Mango Sorbet	180	5	1	47	0	0	0	0	0	0	2
Lemon Tea Cake	230	80	4	34	9	5	3	0	60	180	1
Lemon Curd (per 1 Tbs.)	90	50	1	8	6	3	2	0	75	15	0
French Apple Turnovers	430	250	6	40	28	6	7	14	60	240	2
Brandied Banana Parfaits	430	180	7	50	20	11	6	2.5	165	160	3
Butterscotch Baked Pears	490	290	2	53	33	20	10	1	100	310	4
Pear-Cranberry Linzer Tart	650	340	8	72	38	18	9	8	195	160	6

The nutritional analyses have been calculated by a registered dietitian at Nutritional Solutions in Melville, New York. When a recipe gives a choice of ingredients, the first choice is the one used. Optional ingredients with measured amounts are included; ingredients without specific quantities are not. Analyses are per serving; when a range of ingredient amounts or servings is given, the smaller amount or portion is used. When the quantities of salt and pepper aren't specified, the analysis is based on ¼ tsp. salt and ⅛ tsp. pepper per serving for entrées, and ⅛ tsp. salt and ⅙ tsp. pepper per serving for side dishes.

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Winter Fresh

These are the four seasonal ingredients we can't get enough of.



Brussels Sprouts

Brussels Sprout Slaw

Combine very thinly sliced Brussels sprouts, coarsely grated carrot, and thinly sliced red onion. Toss with a dressing made from plain yogurt, maple syrup, cider vinegar, salt, and pepper. Serve with pulled pork or roast chicken.

Garlicky Brussels Sprouts with Toasted Almonds

Steam a pint of trimmed Brussels sprouts until tender, about 10 minutes. Remove from the heat, let cool, and slice in half lengthwise. Heat butter and olive oil in a skillet. When the butter has melted, sauté the Brussels sprouts with a few minced cloves of garlic, salt, and pepper until browned. Toss with toasted sliced almonds and serve.

Roasted Brussels Sprouts with Sesame Salt

Toast 2 Tbs. sesame seeds and coarsely grind with ½ tsp. sea salt. Toss halved Brussels sprouts in olive oil and roast cut side down on a baking sheet at 450°F until tender and browned, about 15 minutes. Mix with sesame salt to taste.

Oranges

Baked Chicken with Fennel and Orange

Brown chicken pieces and arrange in a baking dish with sliced fennel and sliced peeled oranges. In a bowl, mix finely grated orange zest, orange juice, a splash of ouzo or Pernod, grainy mustard, minced garlic, and olive oil; pour over all. Bake at 375°F until the chicken is just cooked through, 45 to 30 minutes. Serve garnish with chopped fresh dill.

Salmon with Orange and Rosemary

Halve an orange, brush with honey, sprinkle with chopped fresh rosemary, and top with thinly sliced garlic. Season salmon fillets with salt and pepper. Broil the orange and salmon until the orange starts to caramelize and the salmon is just cooked through. Squeeze the orange over the salmon.

Mediterranean Salad with



Radicchio

Roasted Radicchio with Breadcrumbs

Brush radicchio wedges with olive oil and season with salt and pepper. Roast in a 450°F oven, turning once, until tender. Gently toss with a vinaigrette made from fresh lemon juice, extra-virgin olive oil, chopped fresh thyme, crushed red pepper flakes, finely grated Parmigiano-Reggiano, and black pepper. Serve sprinkled with toasted coarse fresh breadcrumbs and shaved Parmigiano-Reggiano.

Radicchio and Ricotta Bruschetta with Hazelnuts

Sauté roughly chopped radicchio and chopped fresh thyme in olive oil until tender. Season with salt and pepper. Whisk together honey and balsamic vinegar. Brush sliced rustic bread with olive oil, broil until lightly toasted, then rub with a cut clove of garlic. Top with a smear of ricotta, the radicchio, and chopped toasted hazelnuts, and drizzle with the honey-balsamic vinegar and extra-virgin olive oil.

Grilled Radicchio with Balsamic Vinegar

Simmer balsamic vinegar in a small saucepan until syrupy. Cut a head of radicchio into wedges; brush with olive oil and season with salt and pepper. Use a grillpan to grill over medium heat until charred but not wilted. Drizzle the balsamic reduction over the radicchio and top with shaved Parmigiano-Reggiano.

Leeks

Frizzled Leeks

Cut the white and light-green parts of halved and washed leeks into 3 x ¼-inch strips. Cook slowly in olive oil until crispy, with browned edges. Transfer to paper towels to drain. Serve with braised meats, on roast salmon, or as a garnish for leek and potato soup or mashed potatoes.

Barley Soup with Fennel, Leeks, and Bacon

Cook a couple slices chopped bacon in a large pot until browned. Add chopped fennel, leeks, carrot, and garlic and cook until softened. Add 1 quart chicken broth, fresh thyme, a bay leaf, and 2 Tbs. barley and cook until the barley is tender. Remove the bay leaf and finish with grated Parmigiano and fresh lemon juice.

Warm Roquefort, Pear, and Leek Sandwich

Sauté thinly sliced leeks in butter until tender; season with salt and pepper. Slice a baguette in half horizontally, without cutting all the way through, and brush the inside with melted butter. Spread the leeks on the bottom half, top with thinly sliced pears, and sprinkle with crumbled Roquefort. Heat in a warm oven until the cheese is melted.





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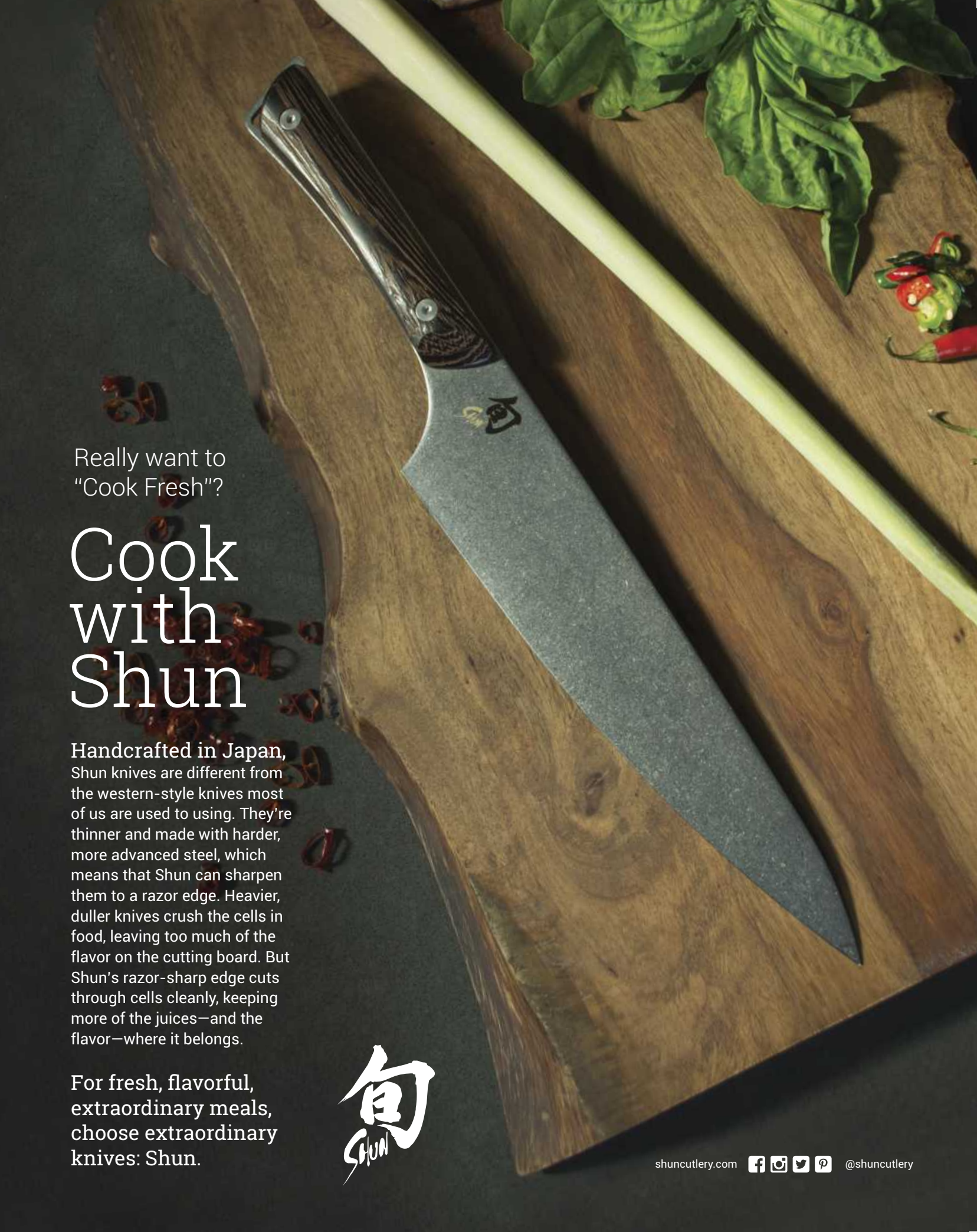


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